

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:35 360 Strength MS * Susie Arellano-Reed	5:45-6:30 Stacked MS * Patti McCullum	5:45-6:30 Stronger MS * Alexis Harrell	5:45-6:30 Athletic Conditioning Nikki Elliott	6:00-6:50 Pilates Rise Milena Sarian	8:00-8:45 Anthem Ride CS * Kristen Fox	8:00-8:50 Precision Ride CS * Maria Garcia
6:00-6:45 Pilates Fusion YS * Kari McKillip	6:00-6:50 Pilates Fusion (Heated) YS * Kaci Bacher	6:30-7:20 Precision Ride CS * Attila Fruttus	6:00-7:00 Vinyasa Yoga (Heated) YS * Dan Ward	6:15-7:00 Athletic Conditioning (Outdoor) RD * Marcus Cargill	8:00-8:45 Stronger MS * Bibi Mama	8:15-9:00 Athletic Conditioning (Outdoor) RD * Marcus Cargill
6:45-7:30 Precision Run® TR * Bibi Mama	6:30-7:15 Beats Ride CS * Maria Garcia	7:15-8:15 Power Vinyasa YS * Laurel Erlane	6:30-7:15 Beats Ride CS * George Wyhinny	7:15-8:00 Core6 Milena Sarian	8:00-8:45 Athletic Conditioning (Outdoor) RD * Susie Arellano-Reed	9:00-9:45 Rounds: Boxing BR * David Guisao
7:15-8:00 True Barre: Bala Bangle MS * Kari McKillip	9:15-10:00 Best Butt Ever MS * Maria Garcia	7:45-8:35 True Barre Louisa Plous	7:45-8:30 MS *	8:45-9:30 Stronger MS * Marzena Janasik	8:15-9:05 Precision Run® TR * Monique Bell	9:00-9:45 Stronger MS * Marisa Gonzalez
8:45-9:30 Barefoot Sculpt YS * Jillian Forster	10:15-11:05 True Barre MS * Cailyn O'Donnell	9:00-9:45 Rhythmic Sculpt MS * Jillian Forster	9:00-9:45 MS *	9:30-10:15 Best Stretch Ever Jay Cruz	9:00-9:45 Cardio Kickboxing Susie Arellano-Reed	9:15-10:15 Yin Yoga (Heated) Newton Campbell
9:15-10:00 Cardio Sculpt MS * Nathan Norrington	10:15-11:00 Best Stretch Ever YS * Jay Cruz	10:00-10:45 Pilates at the Barre Ava Moreno	9:00-10:00 YS *	9:45-10:30 Beats Ride Casey Sines	9:15-10:15 Power Vinyasa Jennifer Allen	9:45-10:00 Best Abs Ever Marisa Gonzalez
9:30-10:15 Precision Run + Strength TR * Maria Garcia	12:00-12:50 360 Strength MS * Renee Max	10:45-11:45 Sculpted Yoga™ Ava Moreno	9:15-10:00 RD *	10:00-10:50 True Barre Samarah Williams	9:30-10:15 Beats Ride Patti McCullum	10:45-11:35 True Barre Nathan Norrington
10:30-11:15 Core6 MS * Maria Garcia	12:00-1:00 Vinyasa Yoga Cailyn O'Donnell	12:00-12:45 Core6 Emma Brown	10:15-11:00 MS *	10:45-11:45 Power Vinyasa Jessica Paquette	10:00-10:45 Tabata Max Kristen Fox	11:00-12:00 Power Vinyasa Ava Moreno
10:45-11:45 Hatha Yoga YS * Sarra Morton	12:15-1:15 Pilates Rise Milena Sarian	12:15-1:15 Vinyasa Yoga Dan Ward	11:00-11:45 YS *	12:00-12:45 Body Sculpt Amanda Taylor	11:00-12:00 Studio Dance: Hip Hop Nupair Garret	12:30-1:20 Pilates at the Barre Jeff McMullen
12:00-12:45 Stronger MS * Maria Garcia	5:00-6:00 Sculpted Yoga™ Milena Sarian	4:00-4:50 True Barre Louisa Plous	12:00-12:45 MetCon3 Casey Sines	12:15-1:00 Pilates Mat Kaci Bacher	12:30-1:15 Headstrong Reset YS * Nathan Norrington	3:00-4:00 Viryasa Yoga Jessica Paquette
12:15-1:00 Pilates Fusion YS * Jennifer Brown	5:30-6:15 Stronger MS * Maria Garcia	5:00-6:00 Yin Yoga Meditation YS *	5:15-6:00 Whipped! MS *	4:00-4:50 Barefoot Sculpt Jillian Forster	12:15-1:00 Barefoot Sculpt Nathan Norrington	
4:00-4:45 Rhythmic Sculpt MS * Monique Bell	6:30-7:15 Rounds: Boxing BR *	6:30-7:15 True Barre: Bala Bangle Michelle Razavi	4:00-4:50 True Barre Ava Moreno	5:15-6:00 MetCon3 Michaeleen Christakos	1:15-2:00 Sound Meditation Nathan Norrington	
5:00-6:00 Vinyasa Yoga (Heated) YS * Sabrina Mata	6:30-7:15 Swim: Basics Dana Staggs	6:30-7:30 Swim: Pro (L2) Dana Staggs	5:00-5:45 Core6 Renee Max	5:30-6:30 Power Vinyasa (Heated) Ava Moreno	3:00-4:00 Weekend Wind Down Yoga (Heated) Rachel King	
5:45-6:35 Precision Run® TR * Monique Bell	6:30-7:30 Gentle Yoga Pete Lee	6:45-7:30 Beats Ride CS *	5:00-6:00 Vinyasa Yoga Dylan Drew	6:00-6:45 Best Butt Ever Nathan Norrington		
6:00-6:45 Ropes and Rowers MS * Renee Max	6:45-7:30 Beats Ride CS *	6:00-6:45 Vinyasa Yoga Dylan Drew	6:30-7:30 PD *	6:30-7:30 Swim: Skills + Drills Dana Staggs		
6:30-7:30 Swim: Pro (L2) PD * Dana Staggs	7:30-8:20 Cardio Dance Nupair Garret	7:00-8:00 Rounds: Boxing U. B. Sanchez	7:00-8:00 MS *	7:00-8:00 Studio Dance: Hip Hop Arthur Crenshaw		
6:45-7:30 Beats Ride CS * Greg Davis	7:45-8:30 Sound Meditation Pete Lee	7:05-7:50 BR *	7:15-8:05 Pilates Fusion Michelle Osborne	7:00-8:00 Restorative Yoga Nathan Norrington		
7:00-7:45 Rounds: Boxing BR * Nupair Garret	7:45-8:30 Sound Meditation Pete Lee	7:15-8:05 MS *	7:00-8:00 YS *			
7:00-8:00 Athletic Stretch YS * Jay Cruz						
7:15-8:05 Pilates at the Barre MS *						

EQUINOX

SOUTH BAY

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HAWTHORNE CA 90250

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SAT 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

maria.garcia@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

PD Pool Deck

RD Roof Deck

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

Beats Ride A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

Precision Run® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

Power Vinyasa A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

Vinyasa Yoga This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

Hiit

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

MetCon3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

Ropes and Rows Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

True Barre: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

Pilates

Pilates Fusion An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

Pilates Mat This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

Pilates Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Boxing

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Swim

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yards continuously. An Equinox exclusive. Swim cap and goggles are required.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

Headstrong Reset An immersive meditation class that deliberately brings you through increasingly restorative brainwaves states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. An Equinox exclusive.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

Stronger Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.