

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS◆ Performance Cycling <i>Danny Baker</i>	5:45-6:30 CS◆ Studio Cycling <i>Mason Denham</i>	5:45-6:30 MS Body Conditioning <i>Nikki Elliott</i>	5:45-6:30 CS◆ Studio Cycling <i>Mick Davis</i>	6:30-7:15 CS◆ Cycle Beats <i>Lisa Horowitz</i>	8:00-8:45 MS Metabolic Meltdown <i>Andrea Marchesi</i>	8:45-9:30 CS◆ Breathless: The Ride <i>Russell Bui</i>
6:30-7:15 YS◆ Barre <i>Alison Corcoran</i>	6:00-7:00 YS◆ Power Yoga <i>Jacob Reynolds</i>	6:00-7:00 YS Barre Pilates <i>Tania Valle</i>	6:00-7:00 YS◆ Power Yoga <i>Jacob Reynolds</i>	6:30-7:15 MS METCON3 <i>Andrea Marchesi</i>	8:30-9:30 CS◆ Studio Cycling <i>Sarah Sung</i>	9:00-10:00 MS Cardio Kick <i>Brian "Q" Quijano</i>
7:15-8:00 MS◆ Tabata Circuit <i>Jeff McMullen</i>	6:30-7:15 MS◆ Circuit Challenge <i>Mason Denham</i>	6:30-7:15 CS◆ Performance Cycling <i>Danny Baker</i>	6:30-7:15 MS STRONG <i>Michael Wilbert</i>	6:30-7:15 YS◆ Barre Fit Cardio <i>Tania Valle</i>	9:00-10:00 MS◆ Body Conditioning <i>Nikki Elliott</i>	9:30-11:00 YS◆ Vinyasa Yoga <i>Ethan Savage</i>
8:45-9:45 YS Pilates <i>Savannah Hein</i>	7:00-7:45 TR◆ Precision Running® <i>Heidi Stubler</i>	7:15-8:00 MS Stacked! <i>Jeff McMullen</i>	7:00-7:50 TR◆ Precision Running® <i>Tania Valle</i>	7:15-8:00 MS Best Butt Ever <i>Andrea Marchesi</i>	9:00-10:00 TR◆ Tread and Shred <i>Peggy Friar</i>	10:00-10:45 CS◆ Cycle Beats <i>Lei-Lani Keelan</i>
9:30-10:30 MS Circuit Challenge <i>Anja Wittels</i>	7:15-8:00 CS◆ Cycle Beats <i>Mason Denham</i>	8:45-9:45 YS Pilates Power <i>Savannah Hein</i>	7:15-8:00 CS◆ Performance Cycling <i>Michael Wilbert</i>	7:45-8:30 CS◆ Studio Cycling <i>Lauren Stelmak</i>	9:00-10:15 YS◆ Power Yoga (L2) <i>Lindsay Foreman</i>	10:30-11:30 MS◆ Ropes and Rowers <i>Russell Bui</i>
10:00-11:15 YS◆ Hot Vinyasa Yoga <i>Buddy Macuha</i>	9:00-9:50 CS◆ Cycle Beats <i>Michael Wilbert</i>	9:30-10:30 MS Sweat <i>Michael Wilbert</i>	9:00-9:45 YS Flow Core Tone <i>Therese Vinal</i>	8:45-9:15 MS VIPR™ Cardio <i>Lauren Stelmak</i>	10:15-11:00 MS◆ Shockwave <i>Jay Blahnik</i>	11:15-12:00 YS Barre Bootcamp <i>Rachel Mandeville</i>
12:00-1:00 YS◆ Vinyasa Yoga <i>Sarah Ezrin</i>	9:30-10:00 MS Best Butt Ever <i>Mason Denham</i>	10:00-11:15 YS◆ Hot Vinyasa Yoga <i>Buddy Macuha</i>	10:00-10:30 MS◆ Firestarter <i>Therese Vinal</i>	9:00-10:15 YS◆ Vinyasa Yoga <i>Jennifer Miller</i>	10:30-11:20 CS◆ Performance Cycling <i>Michael Wilbert</i>	1:00-2:00 YS◆ Hot Power Yoga (L3) <i>Neil Wadhawan</i>
4:30-5:30 YS◆ Barre <i>Laura Brown</i>	10:00-10:30 MS◆ Firestarter <i>Mason Denham</i>	12:00-1:00 YS◆ Barre <i>Russell Bui</i>	10:30-11:20 YS◆ Barre <i>Jaime Young</i>	9:30-10:30 MS STRONG <i>Lauren Stelmak</i>	10:30-11:30 YS◆ Yoga Sculpt <i>Jaime Young</i>	4:00-5:00 YS◆ Power Hot Yoga <i>Alley Ramon</i>
5:15-6:00 CS◆ Studio Cycling <i>Genevieve Mcgreevy</i>	10:30-11:20 YS◆ Barre <i>Laura Brown</i>	4:30-5:30 YS◆ Power Yoga <i>Lindsay Foreman</i>	12:00-1:15 YS◆ Vinyasa Yoga <i>Jeremy Falk</i>	10:30-11:30 YS Yoga Sculpt <i>Jaime Young</i>	11:15-12:00 MS◆ BoxCamp <i>Robert Moreno</i>	5:10-6:00 YS◆ Restorative Yoga <i>Alley Ramon</i>
5:30-6:15 MS◆ Ropes and Rowers <i>Mason Denham</i>	12:00-1:15 YS◆ Vinyasa Yoga <i>Jeremy Falk</i>	5:30-6:15 MS Strength & Sweat <i>Michael Marshall</i>	4:30-5:00 MS◆ Firestarter <i>Jai Mac Neil</i>	12:00-1:15 YS◆ Vinyasa Yoga <i>Reza Ebrahimi</i>	12:30-1:15 YS◆ Barre Fit Cardio <i>Nicolyn Alarcon</i>	
5:45-6:45 YS◆ Vinyasa Yoga <i>Jaime Young</i>	4:30-5:00 MS◆ Firestarter <i>Jaime Young</i>	5:45-6:45 YS◆ Yoga Sculpt <i>Leslie Witalis</i>	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	4:00-4:50 CS◆ Happy Hour Cycle <i>Lauren Stelmak</i>	1:30-2:30 YS◆ Vinyasa Yoga <i>Libby Murfey</i>	
6:15-7:00 TR◆ Precision Running® <i>Jason Angel</i>	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	6:15-7:00 TR◆ Precision Running® <i>Jaime Young</i>	5:00-5:30 MS Best Abs Ever <i>Jai Mac Neil</i>	4:30-5:30 YS◆ Yoga Sculpt <i>Jacob Reynolds</i>	4:00-5:30 YS◆ Vinyasa Yoga (L2) <i>Reza Ebrahimi</i>	
6:30-7:20 CS◆ Cycle Beats <i>Mason Denham</i>	5:00-5:15 MS Best Arms Ever <i>Jaime Young</i>	6:30-7:20 CS◆ Cycle Beats <i>Michael Wilbert</i>	5:45-6:30 MS METCON3 <i>Jai Mac Neil</i>	5:30-6:45 YS◆ Vinyasa Yoga <i>Jacob Reynolds</i>		
6:30-7:15 MS◆ Barre Bootcamp <i>Laura Brown</i>	5:15-6:00 CS◆ Cycle Beats <i>Mick Davis</i>	6:30-7:15 MS◆ Stacked! <i>Michael Marshall</i>	5:45-6:45 YS◆ Barre <i>Laura Brown</i>			
7:00-8:00 YS◆ Vinyasa Yoga <i>Jaime Young</i>	5:45-6:45 YS◆ Barre Bootcamp <i>Jaime Young</i>	7:00-8:00 YS◆ Hot Power Yoga (L2) <i>Lindsay Foreman</i>	6:30-7:20 CS◆ Studio Cycling <i>Hope Horton</i>			
7:30-8:15 MS◆ Shockwave <i>Jason Angel</i>	6:00-6:45 MS Body Conditioning <i>Melissa Boyd</i>	8:15-9:15 YS◆ Restorative Flow Yoga <i>Michelle Bouvier</i>	7:00-8:00 YS◆ Bhakti Flow Yoga <i>Peter Walters</i>			
8:15-9:15 YS◆ Restorative Flow Yoga <i>Michelle Bouvier</i>	6:30-7:20 CS◆ Performance Cycling <i>Lei-Lani Keelan</i>					
	6:45-7:00 MS Ab Lab <i>Melissa Boyd</i>					
	7:00-8:00 YS◆ Vinyasa Yoga <i>Alley Ramon</i>					
	7:15-8:00 MS Stacked! <i>Melissa Boyd</i>					

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MON - THU: 5:00 AM - 10:00 PM
FRI: 5:00 AM - 9:00 PM
SAT & SUN: 7:00 AM - 8:00 PM

GROUP FITNESS MANAGER
 JAIME YOUNG
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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

YS	Yoga Studio
TR	Treadmill Area
CS	Cycling Studio
MS	Main Studio

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

BREATHLESS: THE RIDE Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

HAPPY HOUR CYCLE The recipe: 1 high-energy cycling class, 30 biking enthusiasts and stir in some booty shaking music. Look your best and feel great when you hit the town after this heart-pounding ride. Warning: the effects of taking Happy Hour Cycle each week include strength, endurance and extra hotness!

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

BHAKTI FLOW YOGA Bhakti is the yoga of love & devotion. Flow refers to the seamless connection between the breath & the movements of the body. Experience a dynamic vinyasa-style & dance-like practice to enhance the deeper celebration of each pose. Music & Dedication are integral to the challenging experience.

HOT POWER YOGA Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

HOT VINYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

POWER HOT YOGA Flow with this powerful yoga practice in a studio with a slightly elevated temperature. Warming the body from inside out and outside in you'll enjoy this class if you like to sweat!

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

RESTORATIVE YOGA Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

ATHLETIC TRAINING

CIRCUIT CHALLENGE A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

METABOLIC MELTDOWN An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

SHOCKWAVE Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA CIRCUIT At your request we combined the best of two classes: the movement of Whipped, and the intensity of Tabata. This cardio/strength circuit workout with tabata intervals keeps you moving and consistently introduces new challenges for the full body. It's all or nothing in this breathless workout.

VIPTM CARDIO INTERVALS Seamless transitions and non-stop movement alternating cardiovascular drills with strength training exercises in a time saver workout that delivers whole body integration for maximum metabolic rate & increased caloric expenditure, leaving you fitter and stronger.

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

BARRE BOOTCAMP Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

BARRE FIT CARDIO Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

FLOW CORE TONE A free flowing core strength & flexibility workout that incorporates movements from dance, Pilates, Yoga and traditional conditioning exercises using your own body weight and very light hand weights to reshape your body and improve posture.

STRENGTH & SWEAT Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

STRONG Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

SWEAT A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

YOGA SCULPT A fusion of yoga, sculpting and core work, this Vinyasa class uses weights, bands and balls to lengthen and strengthen your body. Get ready to sculpt your physique, improve posture and boost your metabolism.

PILATES

BARRE PILATES Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.