

WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26		MONDAY 11/27		TUESDAY 11/28	
5:45-6:30 MS	Body Conditioning <i>Nikki Elliott</i>	8:30-9:15 CS ◆	Cycle Beats Mason Denham	7:45-8:30 CS ◆	Studio Cycling <i>Lauren Stelmak</i>	8:00-8:45 MS ◆	Metabolic Meltdown <i>Andrea Marchesi</i>	8:15-9:00 CS ◆	Breathless: The Ride <i>Lauren Stelmak</i>	6:00-6:45 MS ◆	METCON3 <i>Andrea Marchesi</i>	5:45-6:30 CS ◆	Studio Cycling <i>Heidi Stubler</i>
6:00-6:45 TR ◆	Precision Running® <i>Tania Valle</i>	9:00-10:00 YS ◆	Yoga Sculpt Leslie Witalis	9:30-10:30 MS	STRONG <i>Lauren Stelmak</i>	8:30-9:30 CS ◆	Studio Cycling <i>Sarah Sung</i>	9:00-10:00 MS	Cardio Kick <i>Brian "Q" Quijano</i>	6:15-7:00 YS	Pilates Power <i>Christine Vleck</i>	6:00-6:50 TR ◆	Precision Running® <i>Dani Parker</i>
6:30-7:15 CS ◆	Performance Cycling <i>Lisa Horowitz (SUB)</i>	9:30-10:20 CS ◆	Beast n Feast Ride Lei-Lani Keelan	10:30-11:30 YS ◆	Yoga Sculpt <i>Jaime Young (SUB)</i>	9:00-10:00 MS ◆	Body Conditioning <i>Andrea Marchesi (SUB)</i>	9:30-11:00 YS ◆	Vinyasa Yoga <i>Ethan Savage</i>	6:30-7:15 CS ◆	Performance Cycling <i>Danny Baker</i>	6:00-7:00 YS ◆	Power Yoga <i>Jacob Reynolds</i>
7:15-8:00 MS	Stacked! <i>Jeff McMullen</i>	9:30-10:15 MS ◆	Half Time Hustle Mason Denham	11:45-12:30 TR ◆	Precision Running® <i>Jaime Young</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>	7:00-7:45 TR ◆	Precision Running® Therese Vinal	6:30-7:15 MS ◆	Circuit Challenge <i>Mason Denham</i>
8:45-9:45 YS	Pilates Power <i>Patty Wortham</i>	10:15-11:30 YS ◆	Gratitude Yoga Leslie Witalis	12:00-1:15 YS ◆	Vinyasa Yoga <i>Reza Ebrahimi</i>	9:00-10:15 YS ◆	Power Yoga (L2) <i>Lindsay Foreman</i>	11:15-12:00 YS	Barre Bootcamp <i>Rachel Mandeville</i>	7:15-8:00 MS ◆	Tabata Circuit <i>Jeff McMullen</i>	7:10-8:10 YS ◆	Yoga Sculpt <i>Dani Parker</i>
9:30-10:15 MS ◆	Stacked! <i>Robert Moreno</i>			2:00-3:00 MS ◆	Body Conditioning <i>Robert Moreno</i>	10:30-11:20 CS ◆	Performance Cycling <i>Michael Wilbert</i>	1:00-2:00 YS ◆	Hot Power Yoga (L3) <i>Jacob Reynolds (SUB)</i>	8:45-9:45 YS	Pilates Patty Wortham	7:15-8:00 CS ◆	Studio Cycling <i>Mason Denham</i>
10:00-11:15 YS ◆	Hot Vinyasa Yoga <i>Buddy Macuha</i>					10:30-12:00 YS ◆	Vinyasa Yoga <i>Reza Ebrahimi</i>	4:00-5:00 YS ◆	Power Hot Yoga <i>Shauna Barnard (SUB)</i>	9:30-10:30 MS	Circuit Challenge <i>Jomar Tagatac</i>	7:15-8:00 TR ◆	Precision Running® <i>Heidi Stubler</i>
12:00-1:00 YS ◆	Barre <i>Patty Wortham (SUB)</i>					11:30-12:30 MS	Body Conditioning <i>Robert Moreno</i>	5:10-6:00 YS ◆	Restorative Yoga <i>Shauna Barnard (SUB)</i>	10:00-11:15 YS ◆	Hot Vinyasa Yoga <i>Buddy Macuha</i>	9:00-9:50 CS ◆	Studio Cycling <i>Michael Wilbert</i>
4:30-5:30 YS ◆	Power Yoga <i>Lindsay Foreman</i>					12:30-1:15 YS ◆	Barre Fit Cardio <i>Nicolyn Alarcon</i>			12:00-12:50 YS ◆	Pilates Fusion <i>Jaime Young</i>	9:30-10:00 MS	Best Butt Ever <i>Anja Wittels</i>
5:45-6:45 YS ◆	Yoga Sculpt <i>Jacob Reynolds</i>					1:30-2:30 YS ◆	Vinyasa Yoga <i>Rea Zambo</i>			4:30-5:30 YS ◆	Barre <i>Laura Brown</i>	10:00-10:30 MS ◆	Firestarter <i>Anja Wittels</i>
6:30-7:20 CS ◆	Cycle Beats <i>Michael Wilbert</i>					4:00-5:00 YS ◆	Yoga Sculpt <i>Alex Hawayek</i>			5:15-6:00 CS ◆	Cycle Beats <i>Fernando Capeletti (SUB)</i>	10:30-11:20 YS ◆	Barre <i>Laura Brown</i>
6:30-7:15 MS ◆	METCON3 <i>Vanessa Ouellette</i>									5:30-6:15 MS ◆	Ropes and Rowers <i>Mason Denham</i>	12:00-1:15 YS ◆	Vinyasa Yoga <i>Jeremy Falk</i>
										5:40-6:35 YS ◆	Power Yoga <i>Jaime Young</i>	4:30-5:00 MS ◆	Firestarter <i>Melissa Boyd</i>
										6:30-7:20 CS ◆	Cycle Beats <i>Mason Denham</i>	4:30-5:30 YS ◆	Power Hot Yoga <i>Alyssa Arroyo</i>
										6:30-7:15 MS ◆	Barre Bootcamp <i>Laura Brown</i>	5:00-5:20 MS	Core & Stretch <i>Melissa Boyd</i>
										6:45-7:45 YS ◆	Vinyasa Yoga <i>Libby Murfey</i>	5:15-6:00 CS ◆	Cycle Beats <i>Mick Davis</i>
										7:30-8:15 MS ◆	Shockwave <i>Jason Angel</i>	5:45-6:45 YS ◆	Yoga Sculpt <i>Jaime Young</i>
										8:15-9:15 YS ◆	Restorative Flow Yoga <i>Michelle Bouvier</i>	6:00-6:55 MS	Body Conditioning <i>Melissa Boyd</i>
												6:30-7:20 CS ◆	Performance Cycling <i>Lei-Lani Keelan</i>
												7:00-8:00 YS ◆	Vinyasa Yoga <i>Alley Ramon</i>
												7:15-8:15 MS ◆	Cardio Kick <i>Brian "Q" Quijano</i>

UNION STREET
2055 UNION STREET
SAN FRANCISCO
CALIFORNIA 94123
415-854-0799
EQUINOX.COM
@EQUINOX

THANKSGIVING MODIFIED HOURS
NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER
JAIME YOUNG
jaime.young@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

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

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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.

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

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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 ladder-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.

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

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.

CORE & STRETCH An alignment class that focus on two very important components of fitness: core strength and flexibility.

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!

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

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 FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

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.

BOXING & MARTIAL ARTS

CARDIO KICK An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.