

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 TR◆ Precision Running® <i>Jeff McMullen</i>	6:00-6:45 YS◆ Pilates <i>Christine Vleck</i>	5:45-6:30 CS◆ Studio Cycling <i>Heidi Stubler</i>	6:00-7:00 YS◆ Heated Vinyasa Yoga <i>Leslie Witalis</i>	5:45-6:30 MS◆ Body Conditioning <i>Nikki Elliott</i>	6:00-6:45 TR◆ Precision Running® <i>Jeff McMullen</i>	5:45-6:25 CS◆ Studio Cycling <i>Lauren Stelmak</i>	6:00-6:45 TR◆ Precision Running® <i>Tania Valle</i>	6:15-7:00 MS◆ Stacked! <i>Lauren Stelmak</i>	6:30-7:15 CS◆ Cycle Beats <i>Lisa Horowitz</i>	8:00-8:45 MS◆ Metabolic MeltDown <i>Drea Marchesi</i>	8:30-9:30 CS◆ Breathless: The Ride <i>Abbie Atwood</i>	9:00-10:00 MS Cardio Kick <i>Brian "Q" Quijano</i>	9:30-11:00 YS◆ Vinyasa Yoga <i>Ethan Savage</i>
6:30-7:15 MS◆ Performance Cycling <i>Danny Baker</i>	6:30-7:15 CS◆ Circuit Challenge <i>Mason Denham</i>	6:30-7:15 MS◆ Circuit Challenge <i>Mason Denham</i>	7:00-7:45 TR◆ Precision Running® <i>Heidi Stubler</i>	6:30-7:15 CS◆ Performance Cycling <i>Danny Baker</i>	6:00-7:00 YS◆ Power Yoga <i>Christopher Watros</i>	6:30-7:15 MS◆ Sweat <i>Lauren Stelmak</i>	6:30-7:15 MS◆ Sweat <i>Lauren Stelmak</i>	7:15-8:00 MS◆ Best Butt Ever <i>Drea Marchesi</i>	6:30-7:15 YS◆ Barre Fit Cardio <i>Tania Valle</i>	8:00-8:45 YS◆ Yoga Sculpt <i>Ingrid Zagzebski</i>	8:30-9:30 CS◆ Studio Cycling <i>Sarah Sung</i>	10:00-10:50 CS◆ Cycle Beats <i>Lei-Lani Keelan</i>	9:30-11:00 YS◆ Vinyasa Yoga <i>Ethan Savage</i>
7:00-7:50 YS◆ Yoga Sculpt <i>Sam Selldorf</i>	7:00-7:45 TR◆ Precision Running® <i>Heidi Stubler</i>	7:10-8:00 YS◆ Yoga Sculpt <i>Leslie Witalis</i>	7:10-8:00 YS◆ Yoga Sculpt <i>Leslie Witalis</i>	7:15-8:00 MS◆ Stacked! <i>Jeff McMullen</i>	6:30-7:15 MS◆ Sweat <i>Lauren Stelmak</i>	7:00-7:45 TR◆ Precision Running® <i>Tania Valle</i>	7:00-7:45 TR◆ Precision Running® <i>Tania Valle</i>	7:45-8:30 CS◆ Studio Cycling <i>Lauren Stelmak</i>	7:15-8:00 YS◆ Pilates <i>Drea Marchesi</i>	8:30-9:30 MS◆ Yoga Sculpt <i>Lauren Stelmak</i>	9:00-10:00 MS◆ Body Conditioning <i>Nikki Elliott</i>	10:30-11:15 MS◆ Ropes and Rowers <i>Michelle Razavi</i>	10:00-10:50 YS◆ Cycle Beats <i>Lei-Lani Keelan</i>
7:15-8:00 MS◆ Whipped! <i>Jeff McMullen</i>	7:15-8:00 CS◆ Studio Cycling <i>Mason Denham</i>	7:15-8:00 CS◆ Studio Cycling <i>Mason Denham</i>	7:15-8:00 CS◆ Studio Cycling <i>Michael Wilbert</i>	8:45-9:45 YS◆ Barre <i>Heidi Stubler</i>	7:10-8:00 YS◆ Yoga Sculpt <i>Aubrey Thye</i>	7:10-8:00 YS◆ Yoga Sculpt <i>Aubrey Thye</i>	7:10-8:00 YS◆ Yoga Sculpt <i>Aubrey Thye</i>	8:30-9:20 YS◆ Pilates <i>Drea Marchesi</i>	9:30-10:30 MS◆ STRONG <i>Lauren Stelmak</i>	9:00-10:15 YS◆ Power Yoga (L2) <i>Lindsay Foreman</i>	9:15-10:15 TR◆ Tread and Shred <i>Peggy Friar</i>	11:15-12:00 YS Barre Bootcamp <i>Rachel Mandeville</i>	10:00-10:50 CS◆ Cycle Beats <i>Lei-Lani Keelan</i>
9:30-10:30 MS Circuit Challenge <i>Jomar Tagatac</i>	9:00-9:50 CS◆ Studio Cycling <i>Michael Wilbert</i>	9:00-9:50 CS◆ Studio Cycling <i>Michael Wilbert</i>	9:30-10:00 MS Best Butt Ever <i>Anja Wittels</i>	9:30-10:15 MS◆ Stacked! <i>Robert Moreno</i>	7:15-8:00 CS◆ Performance Cycling <i>Michael Wilbert</i>	7:15-8:00 CS◆ Performance Cycling <i>Michael Wilbert</i>	7:15-8:00 CS◆ Performance Cycling <i>Michael Wilbert</i>	10:30-11:30 YS◆ Yoga Sculpt <i>Leslie Witalis</i>	10:30-11:30 YS◆ Yoga Sculpt <i>Leslie Witalis</i>	9:15-10:15 TR◆ Tread and Shred <i>Peggy Friar</i>	10:15-11:00 MS◆ Shockwave <i>Jay Blahnik</i>	1:00-2:00 YS◆ Hot Power Yoga (L3) <i>Neil Wadhawan</i>	10:30-11:20 CS◆ Performance Cycling <i>Michael Wilbert</i>
10:00-11:15 YS◆ Vinyasa Yoga <i>Lauren Cohen</i>	9:30-10:00 MS Best Butt Ever <i>Anja Wittels</i>	9:30-10:00 MS Best Butt Ever <i>Anja Wittels</i>	10:00-10:30 MS◆ Firestarter <i>Anja Wittels</i>	10:00-11:15 YS◆ Hot Vinyasa Yoga <i>Buddy Macuha</i>	12:00-1:00 YS Vinyasa Yoga <i>Ross McIntire</i>	7:30-8:15 MS◆ STRONG <i>Lauren Stelmak</i>	7:30-8:15 MS◆ STRONG <i>Lauren Stelmak</i>	12:00-1:15 YS◆ Vinyasa Yoga <i>Reza Ebrahimi</i>	1:00-1:45 TR◆ Precision Running® <i>Robert Moreno</i>	10:30-11:20 CS◆ Performance Cycling <i>Michael Wilbert</i>	10:30-11:20 CS◆ Performance Cycling <i>Michael Wilbert</i>	4:00-5:00 YS◆ Heated Vinyasa Yoga <i>Jennifer Miller</i>	10:30-12:00 YS◆ Vinyasa Yoga <i>Reza Ebrahimi</i>
12:00-12:50 YS◆ Pilates Fusion <i>Jaime Young</i>	10:00-10:30 MS◆ Firestarter <i>Anja Wittels</i>	10:00-10:30 MS◆ Firestarter <i>Anja Wittels</i>	10:30-11:20 YS◆ Barre <i>Laura Brown</i>	12:00-1:00 YS Vinyasa Yoga <i>Ross McIntire</i>	1:00-1:45 TR◆ Precision Running® <i>Robert Moreno</i>	9:00-9:45 MS◆ Stacked! <i>Lauren Stelmak</i>	9:00-9:45 MS◆ Stacked! <i>Lauren Stelmak</i>	2:00-3:00 MS◆ Body Conditioning <i>Robert Moreno</i>	4:30-5:25 YS◆ Barre <i>Laura Brown</i>	11:30-12:30 MS Body Conditioning <i>Robert Moreno</i>	11:45-12:30 CS◆ Cycle Beats <i>Joe Lopiccilo</i>	5:10-6:00 YS◆ Restorative Yoga <i>Jennifer Miller</i>	10:30-12:00 YS◆ Vinyasa Yoga <i>Reza Ebrahimi</i>
4:30-5:25 YS◆ Barre <i>Laura Brown</i>	10:30-11:20 YS◆ Barre <i>Laura Brown</i>	10:30-11:20 YS◆ Barre <i>Laura Brown</i>	12:00-1:15 YS Heated Vinyasa Yoga <i>Neil Wadhawan</i>	4:30-5:30 YS◆ Power Yoga <i>Lindsay Foreman</i>	4:30-5:30 YS◆ Power Yoga <i>Lindsay Foreman</i>	10:30-11:20 YS◆ Barre <i>Jaime Young</i>	10:30-11:20 YS◆ Barre <i>Jaime Young</i>	3:00-4:00 YS◆ Vinyasa Yoga <i>Alyssa Arroyo</i>	5:30-6:15 MS◆ METCON3 <i>Allison Winter</i>	11:30-12:30 MS Body Conditioning <i>Robert Moreno</i>	12:30-1:15 YS◆ Barre Fit Cardio <i>Nicolyn Alarcon</i>		11:30-12:30 MS Body Conditioning <i>Robert Moreno</i>
5:30-6:15 MS◆ Ropes and Rowers <i>Mason Denham</i>	12:00-1:15 YS Heated Vinyasa Yoga <i>Neil Wadhawan</i>	12:00-1:15 YS Heated Vinyasa Yoga <i>Neil Wadhawan</i>	4:30-5:00 MS◆ Firestarter <i>Melissa Boyd</i>	5:30-6:15 CS◆ ANTHEM™ <i>Jai Mac Neil</i>	5:30-6:15 CS◆ ANTHEM™ <i>Jai Mac Neil</i>	12:00-1:15 YS Heated Vinyasa Yoga <i>Neil Wadhawan</i>	12:00-1:15 YS Heated Vinyasa Yoga <i>Neil Wadhawan</i>	3:15-4:00 MS◆ Sweat <i>Melissa Boyd</i>	5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	12:30-1:15 YS◆ Barre Fit Cardio <i>Nicolyn Alarcon</i>	12:30-1:15 YS◆ Barre Fit Cardio <i>Nicolyn Alarcon</i>		12:30-1:15 YS◆ Barre Fit Cardio <i>Nicolyn Alarcon</i>
5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	4:30-5:00 MS◆ Firestarter <i>Melissa Boyd</i>	4:30-5:00 MS◆ Firestarter <i>Melissa Boyd</i>	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	5:30-6:15 MS◆ METCON3 <i>Allison Winter</i>	5:30-6:15 MS◆ METCON3 <i>Allison Winter</i>	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	4:00-4:50 CS◆ Happy Hour Cycle <i>Michael Olzinski</i>	5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	1:30-2:30 YS◆ Vinyasa Yoga <i>Rea Zambo</i>	1:30-2:30 YS◆ Vinyasa Yoga <i>Rea Zambo</i>		1:30-2:30 YS◆ Vinyasa Yoga <i>Rea Zambo</i>
5:40-6:30 YS◆ Power Yoga <i>Leslie Witalis</i>	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	5:00-5:20 MS Core & Stretch <i>Melissa Boyd</i>	5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	5:45-6:45 YS◆ Barre <i>Laura Brown</i>	5:45-6:45 YS◆ Barre <i>Laura Brown</i>	4:30-5:20 YS◆ Pilates <i>Shira Appell</i>	5:30-6:15 TR◆ Precision Running® <i>Michael Olzinski</i>	4:00-4:50 CS◆ Happy Hour Cycle <i>Michael Olzinski</i>	4:00-5:00 YS◆ Yoga Sculpt <i>Alex Hawayek</i>		4:00-5:00 YS◆ Yoga Sculpt <i>Alex Hawayek</i>
6:30-7:20 CS◆ ANTHEM™ <i>Mason Denham</i>	5:00-5:20 MS Core & Stretch <i>Melissa Boyd</i>	5:00-5:20 MS Core & Stretch <i>Melissa Boyd</i>	5:15-6:00 CS◆ Cycle Beats <i>Abbie Atwood</i>	5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	6:00-6:45 MS◆ Stacked! <i>Michelle Razavi</i>	6:00-6:45 MS◆ Stacked! <i>Michelle Razavi</i>	5:30-6:15 TR◆ Precision Running® <i>Michael Olzinski</i>	5:45-7:00 YS◆ Yinyasa Yoga <i>Bethany Sala</i>	4:30-5:20 YS◆ Pilates <i>Shira Appell</i>	4:00-5:00 YS◆ Yoga Sculpt <i>Alex Hawayek</i>		4:00-5:00 YS◆ Yoga Sculpt <i>Alex Hawayek</i>
6:30-7:15 MS◆ Barre Bootcamp <i>Laura Brown</i>	5:15-6:00 CS◆ Cycle Beats <i>Abbie Atwood</i>	5:15-6:00 CS◆ Cycle Beats <i>Abbie Atwood</i>	5:45-6:40 YS◆ Barre <i>Nicolyn Alarcon</i>	5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	5:30-6:15 TR◆ Precision Running® <i>Jaime Young</i>	6:30-7:20 CS◆ Cycle Beats <i>Jason Vasquez</i>	6:30-7:20 CS◆ Cycle Beats <i>Jason Vasquez</i>	5:30-6:15 TR◆ Precision Running® <i>Michael Olzinski</i>					
6:45-7:45 YS◆ Vinyasa Yoga <i>Libby Murfey</i>	5:45-6:40 YS◆ Yoga Sculpt <i>Jaime Young</i>	5:45-6:40 YS◆ Yoga Sculpt <i>Jaime Young</i>	6:30-7:20 CS◆ Cycle Beats <i>Jason Vasquez</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	5:45-7:00 YS◆ Yinyasa Yoga <i>Bethany Sala</i>					
7:30-8:15 MS◆ Shockwave <i>Jason Angel</i>	6:00-6:55 MS◆ Body Challenge <i>Melissa Boyd</i>	6:00-6:55 MS◆ Body Challenge <i>Melissa Boyd</i>	6:30-7:15 TR◆ Precision Running® <i>Jai Mac Neil</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>						
8:15-9:15 YS◆ Yoga Flow <i>Michelle Bouvier</i>	6:30-7:15 CS◆ Cycle Beats <i>Joe Lopiccilo</i>	6:30-7:15 CS◆ Cycle Beats <i>Joe Lopiccilo</i>	6:30-7:15 TR◆ Precision Running® <i>Jai Mac Neil</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Jaime Young</i>						
	7:00-8:00 YS◆ Vinyasa Yoga <i>Alley Ramon</i>	7:00-8:00 YS◆ Vinyasa Yoga <i>Alley Ramon</i>	7:00-8:00 YS◆ Heated Vinyasa Yoga <i>Rea Zambo</i>	7:00-8:00 YS◆ Heated Vinyasa Yoga <i>Rea Zambo</i>	7:00-8:00 YS◆ Heated Vinyasa Yoga <i>Rea Zambo</i>	7:00-8:00 YS◆ Heated Vinyasa Yoga <i>Rea Zambo</i>	7:00-8:00 YS◆ Heated Vinyasa Yoga <i>Rea Zambo</i>						
	8:15-9:00 YS◆ Yoga Fundamentals <i>Leslie Witalis</i>	8:15-9:00 YS◆ Yoga Fundamentals <i>Leslie Witalis</i>	8:15-9:15 YS◆ Restorative Flow Yoga <i>Michelle Bouvier</i>	8:15-9:15 YS◆ Restorative Flow Yoga <i>Michelle Bouvier</i>	8:15-9:15 YS◆ Restorative Flow Yoga <i>Michelle Bouvier</i>	8:15-9:15 YS◆ Restorative Flow Yoga <i>Michelle Bouvier</i>	8:15-9:15 YS◆ Restorative Flow Yoga <i>Michelle Bouvier</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
 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

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

WHAT'S NEW THIS MONTH
 Graceful. Intense. Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

BREATHLESS: THE RIDE Leave your comfort zone and go breathless in this state of the art interval-based ride. This class is designed to increase performance and transform your body as you pursue a state of breathlessness.

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

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 Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

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.

HEATED VINYASA YOGA A thoughtful, Vinyasa-based class in a heated room. A base temperature of 80 - 85 degrees will help release toxins, encourage a deep connection to breath and increase strength through flowing sequences. If you like to sweat, this class is for you.

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.

VINYASA YOGA Vinyasa flow combined with yin yoga to stretch and rehabilitate the connective tissues that form our joints and breath and restorative postures to reset our mind.

YOGA FLOW A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

ATHLETIC TRAINING

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 CHALLENGE High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques. Be ready to take your body to the next level.

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.

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 ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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.

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

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.

LONG + LEAN

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

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.