

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 YS Pilates Power <i>Christine Vleck</i>	5:45-6:30 CS◆ Studio Cycling Lauren Stelmak	5:45-6:30 MS Body Conditioning <i>Nikki Elliott</i>	5:45-6:30 CS◆ Cycle Beats <i>Mick Davis</i>	6:30-7:15 CS◆ Cycle Beats <i>Lisa Horowitz</i>	7:45-8:40 YS Pilates Power Emily Villareal	8:15-9:00 CS◆ Breathless: The Ride Lauren Stelmak
6:30-7:15 CS◆ Performance Cycling <i>Danny Baker</i>	6:00-7:00 YS◆ Power Yoga <i>Jacob Reynolds</i>	6:00-6:45 TR◆ Precision Running@ Tania Valle	6:00-7:00 YS◆ Power Yoga <i>Jacob Reynolds</i>	6:30-7:15 MS METCON3 <i>Andrea Marchesi</i>	8:00-8:45 MS Metabolic Meltdown <i>Andrea Marchesi</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◆ Sweat <i>Michael Wilbert</i>	6:30-7:15 YS◆ Barre Fit Cardio <i>Tania Valle</i>	8:30-9:30 CS◆ Studio Cycling <i>Sarah Sung</i>	9:30-11:00 YS◆ Vinyasa Yoga <i>Ethan Savage</i>
8:45-9:45 YS Pilates <i>Savannah Hein</i>	7:10-8:10 YS◆ Yoga Sculpt Meaghan O'Herron	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 MS◆ Body Conditioning <i>Nikki Elliott</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>	7:10-8:10 YS◆ Yoga Sculpt Meaghan O'Herron	7:45-8:30 CS◆ Studio Cycling <i>Lauren Stelmak</i>	9:00-10:00 TR◆ Tread and Shred <i>Peggy Friar</i>	11:15-12:00 YS Barre Bootcamp <i>Rachel Mandeville</i>
10:00-11:15 YS◆ Hot Vinyasa Yoga <i>Buddy Macuha</i>	7:15-8:00 TR◆ Precision Running@ <i>Jacob Reynolds</i>	9:30-10:30 MS Sweat <i>Michael Wilbert</i>	7:15-8:00 CS◆ Performance Cycling <i>Michael Wilbert</i>	9:00-10:15 YS◆ Vinyasa Yoga <i>Jennifer Miller</i>	9:00-10:15 YS◆ Power Yoga (L2) <i>Lindsay Foreman</i>	
3:00-4:15 YS Vinyasa Yoga Libby Murfey	9:00-9:50 CS◆ Studio Cycling <i>Michael Wilbert</i>	10:00-11:15 YS◆ Hot Vinyasa Yoga <i>Buddy Macuha</i>	9:00-9:45 CS◆ Cycle Beats Therese Vinal	9:30-10:30 MS STRONG <i>Lauren Stelmak</i>	10:15-11:00 MS◆ Shockwave <i>Jay Blahnik</i>	1:00-2:00 YS◆ Hot Power Yoga (L3) <i>Neil Wadhawan</i>
4:30-5:30 YS◆ Barre <i>Laura Brown</i>	9:30-10:00 MS Best Butt Ever Jaime Young	12:00-1:00 YS◆ Barre <i>Russell Bui</i>	10:00-10:30 MS◆ Firestarter <i>Therese Vinal</i>	10:30-11:30 YS Yoga Sculpt Therese Vinal	10:30-11:20 CS◆ Performance Cycling <i>Michael Wilbert</i>	4:00-5:00 YS◆ Power Hot Yoga <i>Alley Ramon</i>
5:00-5:45 TR◆ Precision Running@ Jason Angel	10:00-10:30 MS◆ Firestarter Jaime Young	4:30-5:30 YS◆ Power Yoga <i>Lindsay Foreman</i>	10:30-11:20 YS◆ Barre <i>Jaime Young</i>	12:00-1:15 YS◆ Vinyasa Yoga <i>Reza Ebrahimi</i>	10:30-12:00 YS◆ Vinyasa Yoga Reza Ebrahimi	5:10-6:00 YS◆ Restorative Yoga <i>Alley Ramon</i>
5:15-6:00 CS◆ Cycle Beats <i>Genevieve Mcgreevy</i>	10:30-11:20 YS◆ Barre <i>Laura Brown</i>	5:30-6:15 MS Strength & Sweat <i>Michael Marshall</i>	12:00-1:15 YS◆ Vinyasa Yoga <i>Jeremy Falk</i>	4:00-4:50 CS◆ Happy Hour Cycle Michael Olzinski	11:30-12:15 MS Body Conditioning Robert Moreno	
5:30-6:15 MS◆ Ropes and Rowers <i>Mason Denham</i>	12:00-1:15 YS◆ Vinyasa Yoga <i>Jeremy Falk</i>	5:45-6:45 YS◆ Yoga Sculpt Jacob Reynolds	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	4:30-5:30 YS◆ Yoga Sculpt <i>Jacob Reynolds</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 Melissa Boyd	6:15-7:00 TR◆ Precision Running@ <i>Jaime Young</i>	5:00-5:45 MS Stacked! Jaime Young	5:30-6:45 YS◆ Vinyasa Yoga <i>Jacob Reynolds</i>	1:30-2:30 YS◆ Vinyasa Yoga Rea Zambo	
6:30-7:20 CS◆ Cycle Beats <i>Mason Denham</i>	4:30-5:30 YS◆ Power Hot Yoga <i>Alyssa Arroyo</i>	6:30-7:20 CS◆ Cycle Beats <i>Michael Wilbert</i>	5:45-6:45 YS◆ Barre <i>Laura Brown</i>	6:00-7:00 MS◆ Zumba@ <i>Brendan Simon</i>	4:00-5:00 YS◆ Yoga Sculpt Alex Hawayek	
6:30-7:15 MS◆ Barre Bootcamp <i>Laura Brown</i>	5:00-5:20 MS Core & Stretch Melissa Boyd	6:30-7:15 MS◆ Stacked! <i>Michael Marshall</i>	6:00-7:00 MS◆ Zumba@ <i>Brendan Simon</i>	7:00-8:00 YS◆ Bhakti Flow Yoga <i>Peter Walters</i>		
7:00-8:00 YS◆ Power Yoga Alex Hawayek	5:15-6:00 CS◆ Cycle Beats <i>Mick Davis</i>	7:00-8:00 YS◆ Hot Power Yoga (L2) <i>Jaime Young</i>	7:00-8:00 YS◆ Bhakti Flow Yoga <i>Peter Walters</i>			
7:30-8:15 MS◆ Shockwave <i>Jason Angel</i>	5:45-6:45 YS◆ Barre Bootcamp <i>Jaime Young</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>	6:00-6:45 MS Body Conditioning <i>Melissa Boyd</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>					
	7:15-8:15 MS◆ Cardio Kick <i>Brian "Q" Quijano</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

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

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 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

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

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.

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

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.

DANCE

ZUMBA® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

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.