

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

**UNION STREET**  
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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

**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.

**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 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.

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

### LONG + LEAN

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

**THE MUSE™** Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

**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.

### 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.