

WEDNESDAY 5/24		THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30	
5:45-6:30 MS	Body Conditioning <i>Nikki Elliott</i>	5:45-6:30 CS◆	Studio Cycling <i>Heidi Stubler</i>	8:30-9:20 CS◆	Studio Cycling <i>Lauren Stelmak</i>	9:00-9:30 MS◆	Best Butt Ever <i>Toby Massenburg</i>	1:00-2:00 YS◆	Hot Power Yoga (L3) <i>Neil Wadhawan</i>	9:30-10:15 MS◆	Summer Slam <i>Andrea Marchesi</i>	5:45-6:30 CS◆	Studio Cycling <i>Heidi Stubler</i>
6:00-7:00 YS	Barre Pilates <i>Tania Valle</i>	6:00-7:00 YS◆	Power Yoga <i>Jacob Reynolds (SUB)</i>	9:30-10:30 MS	STRONG <i>Lauren Stelmak</i>	9:00-10:15 YS◆	Power Yoga (L2) <i>Lindsay Foreman</i>			10:00-11:15 YS◆	Memorial Day Warrior Yoga <i>Buddy Macuha</i>	6:00-7:00 YS◆	Power Yoga <i>Stephanie Main</i>
6:30-7:15 CS◆	Performance Cycling <i>Lisa Horowitz (SUB)</i>	6:30-7:15 MS	STRONG <i>Michael Wilbert</i>	12:00-1:15 YS◆	Vinyasa Yoga <i>Reza Ebrahimi</i>	9:30-10:00 MS◆	Best Abs Ever <i>Toby Massenburg</i>			10:15-11:00 MS◆	Memorial Day Challenge <i>Andrea Marchesi</i>	6:30-7:15 MS	Circuit Challenge <i>Mason Denham</i>
7:15-8:00 MS	Stacked! <i>Jeff McMullen</i>	7:00-7:50 TR◆	Precision Running® <i>Tania Valle</i>			10:15-11:00 MS◆	Shockwave <i>Jay Blahnik</i>					7:00-7:50 TR◆	Precision Running® <i>Heidi Stubler</i>
8:45-9:45 YS	Pilates Power <i>Savannah Hein</i>	7:15-8:00 CS◆	Performance Cycling <i>Michael Wilbert</i>			10:30-11:20 CS◆	Performance Cycling <i>Michael Wilbert</i>					7:15-8:00 CS◆	Cycle Beats <i>Mason Denham</i>
9:30-10:30 MS	Sweat <i>Michael Wilbert</i>	9:00-9:45 YS	Flow Core Tone <i>Therese Vinal</i>									9:00-9:50 CS◆	Cycle Beats <i>Michael Wilbert</i>
10:00-11:15 YS◆	Hot Vinyasa Yoga <i>Buddy Macuha</i>	10:00-10:30 MS◆	Firestarter <i>Therese Vinal</i>									9:30-10:00 MS	Best Butt Ever <i>Jayme Boyle</i>
12:00-1:00 YS◆	Barre <i>Russell Bui</i>	10:30-11:20 YS◆	Barre <i>Jaime Young</i>									10:00-10:30 MS◆	Firestarter <i>Jayme Boyle</i>
4:30-5:30 YS◆	Power Yoga <i>Lindsay Foreman</i>	12:00-1:15 YS◆	Vinyasa Yoga <i>Alyssa Arroyo (SUB)</i>									10:30-11:20 YS◆	Barre <i>T.B.D. (SUB)</i>
5:30-6:15 MS	Strength & Sweat <i>Michael Marshall</i>	4:30-5:00 MS◆	Firestarter <i>Jai Mac Neil (SUB)</i>									12:00-1:15 YS◆	Vinyasa Yoga <i>Jeremy Falk</i>
5:45-6:45 YS◆	Yoga Sculpt <i>Leslie Witalis</i>	4:30-5:30 YS◆	Power Hot Yoga <i>Alyssa Arroyo</i>									4:30-5:30 YS◆	Power Hot Yoga <i>Alyssa Arroyo</i>
6:15-7:00 TR◆	Precision Running® <i>Equinox Trainers (SUB)</i>	5:00-5:30 MS	Best Abs Ever <i>Jai Mac Neil (SUB)</i>									4:45-5:00 MS	Ab Lab <i>Russell Bui</i>
6:30-7:20 CS◆	Cycle Beats <i>Mick Davis (SUB)</i>	5:45-6:45 YS◆	Barre <i>Laura Brown</i>									5:00-5:30 MS◆	Firestarter <i>Russell Bui</i>
6:30-7:15 MS◆	Stacked! <i>Michael Marshall</i>	6:00-6:45 MS	METCON3 <i>Jai Mac Neil</i>									5:30-5:45 MS	Stretch <i>Russell Bui</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>									5:45-6:45 YS◆	Barre Bootcamp <i>Jaime Young</i>
8:15-9:15 YS◆	Restorative Flow Yoga <i>Michelle Bouvier</i>	6:45-7:00 MS	Ab Lab <i>Jai Mac Neil</i>									6:00-6:45 MS	Body Conditioning <i>Melissa Boyd</i>
		7:00-8:00 YS◆	Bhakti Flow Yoga <i>Peter Walters</i>									6:30-7:20 CS◆	Performance Cycling <i>Lei-Lani Keelan</i>
		7:15-8:00 MS	Cardio Challenge <i>Liz Charney</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>Liz Charney</i>

UNION STREET

2055 UNION STREET
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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 07:00 AM - 05:00 PM

MAY 29: 07:00 AM - 07:00 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

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

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

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.

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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, tones and stretches 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.

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.

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.

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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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.

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 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.

CARDIO CHALLENGE Athletic based cardio designed to challenge you with non-stop movement, timed intervals and body weight training. Simple choreography delivers high on burn and results.

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.

MEMORIAL DAY CHALLENGE Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

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 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.

ACTIVE REGENERATION

STRETCH Simple stretching techniques that may incorporate the use of bands, balls, and ballet barre. The perfect class for everyone. Improve flexibility and reduce stress.