

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:15-8:15 YS ◆	Vinyasa Yoga <i>Anna Davies</i>	6:30-7:15 MS ◆	Stacked! -	7:15-8:15 YS ◆	Vinyasa Yoga <i>Jaimi Patterson</i>	6:30-7:15 MS ◆	Stacked! + Best Abs Ever <i>Randy Myers</i>	7:15-8:00 YS ◆	Barre <i>Tammy Chang</i>	8:30-9:15 YS ◆	Pilates Fusion <i>Stephanie Chan</i>	8:30-9:15 YS ◆	Barre <i>Megan King</i>
8:45-9:30 MS ◆	Master of One <i>Randy Myers</i>	8:45-9:30 MS ◆	METCON3 -	8:00-8:45 TR ◆	Precision Run® <i>Anthony Finley</i>	6:45-7:30 CS ◆	Cycle Beats <i>Carlene Beck</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Kate Dedlow</i>	9:00-9:45 MS ◆	Stacked! -	9:15-10:00 TR ◆	Precision Run® <i>Anthony Finley</i>
10:30-11:15 YS ◆	Barre <i>Tammy Chang</i>	9:00-9:45 YS ◆	Trilogy Barre <i>Jessica Trauner</i>	9:00-9:45 MS ◆	Ropes and Rowers <i>Anthony Finley</i>	7:15-8:15 YS ◆	Restorative Yoga <i>Anna Davies</i>	9:45-10:30 CS ◆	Cycle Beats <i>Ysabel Lola</i>	9:15-10:00 TR ◆	Precision Run® <i>Eli Portales</i>	9:30-10:15 CS ◆	Cycle Power <i>Megan King</i>
10:45-11:30 MS ◆	Best Stretch Ever <i>Chris Turner</i>	10:45-11:30 MS ◆	Best Butt Ever + Best Abs Ever <i>Lauren Dacumos</i>	9:00-9:45 YS ◆	True Barre <i>Mandy Limbach</i>	8:00-8:45 TR ◆	Elevate <i>Randy Myers</i>	10:30-11:15 YS ◆	Barre <i>Debbie Gleeson</i>	9:30-10:15 CS ◆	Cycle Beats <i>Debbie Gleeson</i>	10:00-11:00 YS ◆	Regeneration Yoga <i>Anna Davies</i>
12:15-1:00 MS ◆	Tabata Max <i>Debbie Gleeson</i>	12:00-1:00 YS ◆	Vinyasa Yoga (L2) <i>AnneSophie Leary</i>	9:45-10:30 CS ◆	Cycle Beats <i>Debbie Gleeson</i>	10:45-11:30 MS ◆	Tabata Max <i>Brittany Yohay</i>	10:45-11:30 MS ◆	Athletic Conditioning <i>Randy Myers</i>	10:15-11:15 YS ◆	Vinyasa Yoga <i>Jaimi Patterson</i>	10:30-11:15 MS ◆	Master of One <i>Anthony Finley</i>
4:15-5:15 YS ◆	Vinyasa Yoga <i>Kate Dedlow</i>	12:15-1:00 MS ◆	STRONG <i>Lauren Dacumos</i>	10:30-11:15 YS ◆	Pilates Remix <i>Stephanie Chan</i>	12:15-1:00 MS ◆	Best Butt Ever <i>Brittany Yohay</i>	12:15-1:15 YS ◆	Hatha Yoga <i>Dustin McCallister</i>	10:35-11:20 MS ◆	Best Stretch Ever <i>Debbie Gleeson</i>	3:00-4:00 YS ◆	Vinyasa Yoga <i>Jennifer Miller</i>
5:15-6:00 MS ◆	Whipped! <i>Randy Myers</i>	4:30-5:15 MS ◆	TRX Max <i>Jessica Trauner</i>	12:15-1:00 MS ◆	Stacked! <i>Luci McNulty</i>	12:15-1:00 YS ◆	Pilates Remix <i>Stephanie Chan</i>	12:30-1:15 MS ◆	Stacked! <i>James Higgins</i>	Vinyasa Yoga + Meditation (L2) <i>AnneSophie Leary</i>			
5:45-6:30 YS ◆	Pilates Mat <i>Debbie Gleeson</i>	5:30-6:15 YS ◆	Pilates Fusion <i>Jessica Trauner</i>	4:30-5:15 YS ◆	Pilates Fusion <i>Mandy Limbach</i>	4:15-5:15 YS ◆	Vinyasa Yoga <i>Kate Dedlow</i>	4:30-5:15 YS ◆	Pilates Mat <i>Debbie Gleeson</i>				
6:15-7:00 CS ◆	Cycle Power <i>Randy Myers</i>	5:45-6:30 MS ◆	Best Stretch Ever <i>Debbie Gleeson</i>	5:15-6:00 MS ◆	Stacked! <i>Mason Denham</i>	5:45-6:30 MS ◆	Ropes and Rowers <i>Anthony Finley</i>	5:00-5:45 CS ◆	Cycle Beats <i>Megan King</i>				
6:45-7:40 MS ◆	AK! Rope <i>Marcos Vedovetto</i>	6:15-7:00 TR ◆	Elevate <i>Anthony Finley</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Reba Gray</i>	5:45-6:30 YS ◆	Trilogy Barre <i>Stephanie Chan</i>	5:30-6:15 MS ◆	METCON3 <i>James Higgins</i>				
7:00-8:00 YS ◆	Restorative Yoga <i>Lindsay Dombrowski</i>	7:00-7:45 MS ◆	Studio Dance <i>Marcos Vedovetto</i>	6:15-7:00 CS ◆	Cycle Beats <i>Mason Denham</i>	7:00-8:00 YS ◆	Regeneration Yoga <i>Jennifer Miller</i>						
		7:00-8:00 YS ◆	Vinyasa Yoga <i>Schuyler Ingle</i>	6:15-7:00 TR ◆	Precision Run® <i>Eli Portales</i>								
				7:00-7:45 YS ◆	Trilogy Barre <i>Mandy Limbach</i>								

BERKELEY

2600 SHATTUCK AVENUE
BERKELEY CA 94704
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 9:00PM

FRI: 5:00AM - 8:00PM

SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

deborah.gleeson@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
TR	Treadmill Area
MS	Main Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUNS An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

HATHA YOGA A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

ATHLETIC TRAINING

AK! ROPE Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCONS This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Bum calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STACKED! + BEST ABS EVER A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

TRX MAX A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

BARRE

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

TRILOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

PILATES REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

DANCE

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

STRETCH AND RECOVERY

BEST STRETCH EVER A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.