

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:30-7:15 CS ◆	Cycle Beats <i>Annalisa Brown</i>	7:15-8:00 CS ◆	Cycle Power <i>Sarah Sung</i>	6:30-7:15 CS ◆	Cycle Beats <i>Team Equinox</i>	7:15-8:00 CS ◆	Cycle Beats <i>Clara Constable</i>	7:15-8:00 MS ◆	Whipped! <i>Kaitie Kinser</i>
7:15-8:00 MS ◆	METCON3 <i>Henry Brazer</i>	7:30-8:15 MS ◆	Tabata Max <i>Sally French</i>	7:15-8:00 MS ◆	Ropes and Rowers <i>JJ Jordan</i>	7:30-8:15 MS ◆	Stacked! + Best Abs Ever <i>Sally French</i>	7:30-8:30 YS ◆	Vinyasa Yoga (HEATED) <i>Warren Lange</i>
7:30-8:30 YS ◆	Athletic Yoga <i>Warren Lange</i>	12:15-1:00 MS ◆	Athletic Conditioning <i>Nina De Ocampo</i>	7:30-8:15 YS ◆	Best Abs Ever <i>Nina De Ocampo</i>	12:15-1:00 MS ◆	METCON3 <i>Nina De Ocampo</i>	9:15-10:00 MS ◆	Best Butt Ever <i>Esteban Deleon</i>
12:15-1:00 YS ◆	Off The Barre <i>Demick Samonte</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Stephanie Vu</i>	12:15-1:15 YS ◆	Vinyasa Yoga (HEATED) <i>Chelsea Gonella</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Stephanie Vu</i>	11:00-11:45 MS ◆	STRONG <i>Lauren Stelmak</i>
12:30-1:15 MS ◆	Ropes and Rowers <i>Kaitie Kinser</i>	5:15-6:00 MS ◆	Body Sculpt <i>Vinson Huynh</i>	12:30-1:15 MS ◆	Athletic Conditioning <i>Kaitie Kinser, Danielle Wang</i>	5:15-6:00 MS ◆	METCON3 <i>Vinson Huynh</i>	12:00-12:45 CS ◆	Cycle Power <i>Lauren Stelmak</i>
4:30-5:15 YS ◆	Pilates Fusion <i>Precious Moreno</i>	5:30-6:15 TR ◆	Precision Run@ <i>Martin Kuepker</i>	4:30-5:30 YS ◆	Vinyasa Yoga (HEATED) <i>Warren Lange</i>	5:30-6:15 TR ◆	<i>Precious Moreno</i>	12:15-1:00 YS ◆	Pilates Fusion <i>Precious Moreno</i>
5:30-6:15 MS ◆	Master of One <i>Kaitie Kinser</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Mchael Hubbard</i>	5:30-6:15 MS ◆	Stacked! <i>Kaitie Kinser</i>	5:30-6:30 YS ◆	Athletic Yoga <i>Mary Hayano</i>	5:15-6:15 YS ◆	Vinyasa Yoga (HEATED) <i>Andrew Bloitky</i>
5:45-6:30 CS ◆	The Pursuit: Bum <i>Martin Kuepker</i>	6:00-6:45 CS ◆	Cycle Beats <i>Kelsey Pfeffer</i>	5:45-6:30 CS ◆	Cycle Beats <i>Clara Constable</i>	6:00-6:45 CS ◆	Cycle Power <i>Martin Kuepker</i>		
6:00-7:00 YS ◆	Yin Yoga <i>Steven Andrew</i>	6:30-7:15 MS ◆	Stacked! <i>Vinson Huynh</i>	6:00-7:00 YS ◆	Athletic Yoga (HEATED) <i>Warren Lange</i>	6:30-7:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Precious Moreno</i>		

EQUINOX

PINE STREET

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MON - THU: 5:00AM - 9:00PM
FRI: 5:00AM - 8:00PM

GROUP FITNESS MANAGER

kaitie.kinser@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
CS	Cycling Studio
YS	Yoga Studio
MS	Main 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.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

RUNNING

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

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

ATHLETIC YOGA (HEATED) A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

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 (HEATED) 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.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

ATHLETIC TRAINING

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 ABS EVER A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

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. Burn 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.

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

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.