

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS ◆ TRX Max <i>Angela Schroeder</i>	6:00-6:45 MS ◆ Master of One <i>Nadia Santiago</i>	6:00-6:45 MS ◆ Whipped! <i>Angela Schroeder</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Nadia Santiago</i>	6:00-6:45 MS ◆ STRONG <i>Angela Santiago</i>	7:30-8:15 YS ◆ Off The Barre <i>Desiree Stemberga</i>	8:30-9:15 MS ◆ METCON3 <i>Kevin Defro</i>	8:30-9:15 MS ◆ Athletic Conditioning <i>Desiree Stemberga</i>	12:00-12:45 MS ◆ Precision Run® <i>Kevin Defro</i>	12:00-12:45 MS ◆ Stacked! <i>Anthony Finley</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Bary Au-Yeung</i>	8:30-9:15 MS ◆ Off The Barre <i>Desiree Stemberga</i>	8:30-9:15 MS ◆ METCON3 <i>Kevin Defro</i>	8:30-9:15 MS ◆ METCON3 <i>Kevin Defro</i>
6:15-7:00 CS ◆ Cycle Power <i>Earl Jones</i>	6:45-7:30 TR ◆ Precision Run® <i>Kevin Defro</i>	6:15-7:00 CS ◆ Cycle Beats <i>Vivian Wang</i>	6:15-7:00 CS ◆ Cycle Beats <i>Blake Saks</i>	6:15-7:00 CS ◆ Cycle Beats <i>Blake Saks</i>	8:30-9:15 MS ◆ Tabata Max <i>Desiree Stemberga</i>	7:00-7:45 MS ◆ METCON3 <i>Blake Saks</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	4:15-5:15 YS ◆ Vinyasa Yoga <i>Jade Xiao</i>	9:15-10:00 CS ◆ Cycle Beats <i>Vivian Wang</i>	9:15-10:00 MS ◆ Precision Run® <i>Kevin Defro</i>	9:15-10:00 MS ◆ Precision Run® <i>Kevin Defro</i>
7:15-8:15 YS ◆ Vinyasa Yoga + Meditation <i>Joey Nelson</i>	7:30-8:15 YS ◆ Pilates Fusion <i>Kiersten Jakobsen</i>	7:00-7:45 MS ◆ METCON3 <i>Blake Saks</i>	7:30-8:15 YS ◆ Pilates Fusion <i>Kiersten Jakobsen</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Kiersten Jakobsen</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Bary Au-Yeung</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Kiersten Jakobsen</i>	8:00-8:45 MS ◆ TRX Max <i>Kevin Defro</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:30-5:15 YS ◆ Pilates Fusion <i>Jade Xiao</i>	4:30-5:15 YS ◆ Pilates Fusion <i>Jade Xiao</i>	9:45-10:30 MS ◆ TRX Max <i>Laura Schuster</i>	9:45-10:30 MS ◆ TRX Max <i>Laura Schuster</i>	9:45-10:30 MS ◆ TRX Max <i>Laura Schuster</i>
9:00-9:45 YS ◆ Off The Barre <i>Monique Schareck</i>	8:00-8:45 MS ◆ TRX Max <i>Kevin Defro</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Kiersten Jakobsen</i>	7:30-8:15 YS ◆ Pilates Fusion <i>Kiersten Jakobsen</i>	7:30-8:15 YS ◆ Pilates Fusion <i>Kiersten Jakobsen</i>	9:15-10:00 MS ◆ Best Butt Ever <i>Esteban Deleon</i>	8:30-9:15 YS ◆ Off The Barre <i>Kelly McLellan</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	10:00-10:45 YS ◆ Off The Barre <i>Monique Schareck</i>	10:00-10:45 YS ◆ Off The Barre <i>Monique Schareck</i>	10:00-10:45 YS ◆ Off The Barre <i>Monique Schareck</i>
9:15-10:00 MS ◆ STRONG <i>Allan Samaniego</i>	8:30-9:15 YS ◆ Pilates Mat <i>Catalina Denis-Haayen</i>	8:30-9:15 YS ◆ Off The Barre <i>Kelly McLellan</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Kiersten Jakobsen</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	9:15-10:00 MS ◆ Best Butt Ever <i>Esteban Deleon</i>	9:30-10:15 CS ◆ Cycle Beats <i>Earl Jones</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	10:15-11:00 TR ◆ Precision Run® <i>Kevin Defro</i>	10:15-11:00 TR ◆ Precision Run® <i>Kevin Defro</i>	10:15-11:00 TR ◆ Precision Run® <i>Kevin Defro</i>
12:00-12:45 MS ◆ Athletic Conditioning <i>Desiree Stemberga</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:00-12:45 MS ◆ Studio Dance <i>Esteban Deleon</i>	9:30-10:15 CS ◆ Cycle Beats <i>Earl Jones</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:00-12:45 MS ◆ Studio Dance <i>Esteban Deleon</i>	9:30-10:15 CS ◆ Cycle Beats <i>Earl Jones</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	11:15-12:00 MS ◆ Athletic Conditioning <i>Kevin Defro</i>	11:15-12:00 MS ◆ Athletic Conditioning <i>Kevin Defro</i>	11:15-12:00 MS ◆ Athletic Conditioning <i>Kevin Defro</i>
12:15-1:15 YS ◆ Vinyasa Yoga <i>Patricia Sotomayor</i>	9:45-10:45 YS ◆ Vinyasa Yoga <i>Mandy Ansari</i>	12:15-1:00 YS ◆ Barefoot Body Sculpt <i>Wendy Chan</i>	9:45-10:45 YS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:15-1:00 YS ◆ Barefoot Body Sculpt <i>Wendy Chan</i>	9:45-10:45 YS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	12:00-12:45 YS ◆ Barefoot Body Sculpt <i>Wendy Chan</i>	12:00-12:45 YS ◆ Barefoot Body Sculpt <i>Wendy Chan</i>	12:00-12:45 YS ◆ Barefoot Body Sculpt <i>Wendy Chan</i>
4:15-5:00 TR ◆ Precision Run® <i>Kevin Defro</i>	10:30-11:15 MS ◆ METCON3 <i>Kevin Defro</i>	12:30-1:15 CS ◆ Cycle Beats <i>Alex Gould</i>	9:45-10:45 YS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:30-1:15 CS ◆ Cycle Beats <i>Alex Gould</i>	9:45-10:45 YS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	9:00-9:45 TR ◆ Precision Run® <i>Nadia Santiago</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	3:45-4:45 YS ◆ Vinyasa Yoga <i>Joey Nelson</i>	3:45-4:45 YS ◆ Vinyasa Yoga <i>Joey Nelson</i>	3:45-4:45 YS ◆ Vinyasa Yoga <i>Joey Nelson</i>
4:45-5:45 YS ◆ Power Yoga + Meditation <i>Jade Xiao</i>	12:00-12:45 MS ◆ Tabata Max <i>Desiree Stemberga</i>	4:15-5:00 TR ◆ Tread and Shred <i>Esteban Deleon</i>	12:00-12:45 MS ◆ Athletic Conditioning <i>Allan Samaniego</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	4:15-5:00 TR ◆ Tread and Shred <i>Esteban Deleon</i>	12:00-12:45 MS ◆ Athletic Conditioning <i>Allan Samaniego</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>
5:15-6:00 MS ◆ Tabata Max <i>Kevin Defro</i>	12:30-1:15 YS ◆ Pilates Fusion <i>Jade Xiao</i>	4:45-5:30 YS ◆ Pilates Fusion <i>Stephanie Herman</i>	12:30-1:15 YS ◆ Pilates Fusion <i>Jade Xiao</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	4:45-5:30 YS ◆ Pilates Fusion <i>Stephanie Herman</i>	12:30-1:15 YS ◆ Pilates Fusion <i>Jade Xiao</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>
6:30-7:15 MS ◆ Best Butt Ever <i>Desiree Stemberga</i>	4:45-5:30 YS ◆ Off The Barre <i>Desiree Stemberga</i>	5:15-6:00 MS ◆ Body Sculpt <i>Esteban Deleon</i>	4:45-5:45 YS ◆ Vinyasa Yoga <i>Krystle Sarkissian</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	5:15-6:00 MS ◆ Body Sculpt <i>Esteban Deleon</i>	4:45-5:45 YS ◆ Vinyasa Yoga <i>Krystle Sarkissian</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>
6:30-7:30 YS ◆ Vinyasa Yoga <i>Carlos Martinez</i>	5:15-6:00 MS ◆ STRONG <i>Blake Saks</i>	6:15-7:30 YS ◆ Vinyasa Yoga <i>Bary Au-Yeung</i>	5:00-5:45 MS ◆ Cardio Boxing <i>Wendy Chan</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	6:15-7:30 YS ◆ Vinyasa Yoga <i>Bary Au-Yeung</i>	5:00-5:45 MS ◆ Cardio Boxing <i>Wendy Chan</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>
7:45-8:30 YS ◆ Pilates Fusion <i>Catalina Denis-Haayen</i>	6:00-6:45 TR ◆ Precision Run® <i>Blake Saks</i>	6:30-7:15 MS ◆ METCON3 <i>Esteban Deleon</i>	6:00-6:45 TR ◆ Precision Run® <i>Blake Saks</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	6:30-7:15 MS ◆ METCON3 <i>Esteban Deleon</i>	6:00-6:45 TR ◆ Precision Run® <i>Blake Saks</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>
	6:15-7:15 YS ◆ Power Yoga + Meditation <i>Tracy Gulbransen</i>	7:45-8:30 YS ◆ Pilates Mat <i>Catalina Denis-Haayen</i>	6:15-7:15 YS ◆ Power Yoga + Meditation <i>Tracy Gulbransen</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	7:45-8:30 YS ◆ Pilates Mat <i>Catalina Denis-Haayen</i>	6:15-7:15 YS ◆ Power Yoga + Meditation <i>Tracy Gulbransen</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>
	6:30-7:15 MS ◆ Athletic Conditioning <i>Allan Samaniego</i>		6:30-7:15 MS ◆ Danceation™ <i>Alexandria Combs</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>		6:30-7:15 MS ◆ Danceation™ <i>Alexandria Combs</i>	4:30-5:15 MS ◆ Ropes and Rowers <i>Blake Saks</i>	12:00-12:45 MS ◆ Athletic Yoga <i>Kiersten Jakobsen</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	4:45-5:30 CS ◆ Cycle Beats <i>Alex Gould</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>	3:15-4:00 YS ◆ Pilates Fusion <i>Jade Xiao</i>

PALO ALTO

440 PORTAGE AVENUE
PALO ALTO CA 94306
EQUINOX.COM
@EQUINOX

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

FRI: 5:00AM - 8:00PM

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

GROUP FITNESS MANAGER

desiree.stemberg@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

CS	Cycling Studio
TR	Treadmill Area
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.

RUNNING

PRECISION RUN® 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.

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

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.

POWER YOGA + MEDITATION A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

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.

YOGA SCULPT A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

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 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.

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

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.

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.

DANCE

DANCEATION™ Dance to Hip Hop, Modern, Jazz, Street dance and Salsa and experience the latest dance craze from Europe. Danceation® is REAL DANCE and it is a fantastic workout, created by musician and dancer Heath Hunter from the UK.

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

BOXING AND KICKBOXING

CARDIO BOXING Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

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

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.