

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS ◆ Athletic Conditioning <i>MJ Paul</i>	6:00-6:45 MS ◆ METCON3 <i>Precious Moreno</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>MJ Paul</i>	6:00-6:45 MS ◆ METCON3 <i>Lauren Stelmak</i>	6:30-7:15 CS ◆ Cycle Beats <i>Kayla Nahi</i>	7:00-7:45 CS ◆ Cycle Beats <i>Clara Constable</i>	6:30-7:15 CS ◆ Cycle Power <i>Adrienne Zand</i>	6:30-7:15 CS ◆ Cycle Power <i>Lauren Stelmak</i>	6:30-7:15 CS ◆ Cycle Power <i>Lauren Stelmak</i>	6:30-7:15 CS ◆ Cycle Power <i>Lauren Stelmak</i>	9:00-9:45 MS ◆ Stacked! <i>Megan King</i>	9:00-9:45 MS ◆ Stacked! <i>Megan King</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Andrew Blotky</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Andrew Blotky</i>
6:45-7:30 TR ◆ Precision Run® <i>Precious Moreno</i>	7:15-8:00 YS ◆ Barre <i>Nina De Ocampo</i>	6:45-7:30 TR ◆ Precision Run® <i>Precious Moreno</i>	7:00-7:45 YS ◆ Cycle Power <i>Lauren Stelmak</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Adrienne Zand</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Adrienne Zand</i>	7:15-8:00 YS ◆ Barre <i>Nina De Ocampo</i>	7:15-8:00 YS ◆ Barre <i>Nina De Ocampo</i>	7:15-8:00 YS ◆ Barre <i>Nina De Ocampo</i>	7:15-8:15 YS ◆ Pilates Fusion <i>John Ferguson</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Megan King</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Megan King</i>	8:45-9:30 CS ◆ Cycle Power <i>Lauren Stelmak</i>	8:45-9:30 CS ◆ Cycle Power <i>Lauren Stelmak</i>
7:30-8:30 YS ◆ Vinyasa Yoga <i>Adrienne Zand</i>	7:30-8:15 MS ◆ STRONG <i>Iris Vazquez</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Adrienne Zand</i>	7:30-8:30 MS ◆ Stacked! <i>Lauren Stelmak</i>	7:45-8:30 MS ◆ Body Sculpt <i>Precious Moreno</i>	7:45-8:30 MS ◆ Body Sculpt <i>Precious Moreno</i>	7:30-8:15 MS ◆ STRONG <i>Iris Vazquez</i>	7:30-8:15 MS ◆ STRONG <i>Iris Vazquez</i>	7:30-8:15 MS ◆ STRONG <i>Lauren Stelmak</i>	7:30-8:15 MS ◆ STRONG <i>Lauren Stelmak</i>	10:15-11:00 CS ◆ Cycle Beats <i>Michael Wilbert</i>	10:15-11:00 CS ◆ Cycle Beats <i>Michael Wilbert</i>	9:45-10:30 MS ◆ STRONG <i>Lauren Stelmak</i>	9:45-10:30 MS ◆ STRONG <i>Lauren Stelmak</i>
7:45-8:30 MS ◆ Body Sculpt <i>Precious Moreno</i>	9:00-9:45 MS ◆ Cardio Sculpt <i>Esteban Deleon</i>	7:45-8:30 MS ◆ Body Sculpt <i>Precious Moreno</i>	9:00-9:45 MS ◆ Stacked! <i>Lauren Stelmak</i>	9:15-10:00 YS ◆ Barre <i>Nina De Ocampo</i>	9:15-10:00 YS ◆ Barre <i>Nina De Ocampo</i>	9:00-9:45 MS ◆ Cardio Sculpt <i>Esteban Deleon</i>	9:00-9:45 MS ◆ Cardio Sculpt <i>Esteban Deleon</i>	9:00-9:45 MS ◆ Cardio Sculpt <i>Esteban Deleon</i>	12:00-12:45 MS ◆ METCON3 <i>Kaitie Kinser</i>	11:15-12:00 MS ◆ Cardio Sculpt <i>Megan King</i>	11:15-12:00 MS ◆ Cardio Sculpt <i>Megan King</i>	11:00-11:45 CS ◆ Cycle Beats <i>Clara Constable</i>	11:00-11:45 CS ◆ Cycle Beats <i>Clara Constable</i>
9:30-10:15 MS ◆ Tabata Max <i>Nina De Ocampo</i>	12:00-12:45 CS ◆ Cycle Beats <i>Megan King</i>	9:15-10:00 YS ◆ Barre <i>Nina De Ocampo</i>	12:00-12:45 CS ◆ Cycle Beats <i>Megan King</i>	9:30-10:15 YS ◆ Tabata Max <i>James Higgins</i>	9:30-10:15 YS ◆ Tabata Max <i>James Higgins</i>	12:00-12:45 MS ◆ Stacked! <i>Mason Denham</i>	12:00-12:45 MS ◆ Stacked! <i>Mason Denham</i>	12:00-12:45 MS ◆ Stacked! <i>Mason Denham</i>	4:15-5:15 YS ◆ Vinyasa Yoga (HEATED) <i>Ashley Hayes</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Ethan Savage</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Ethan Savage</i>	11:00-11:45 MS ◆ Best Butt Ever <i>Lauren Stelmak</i>	11:00-11:45 MS ◆ Best Butt Ever <i>Lauren Stelmak</i>
10:30-11:30 YS ◆ Yoga Strong <i>Stephanie Vu</i>	12:30-1:15 YS ◆ Pilates Fusion <i>Precious Moreno</i>	9:30-10:15 YS ◆ Tabata Max <i>James Higgins</i>	12:00-12:45 CS ◆ Cycle Beats <i>Megan King</i>	12:00-12:45 YS ◆ ANTHEM™ <i>Jai Mac Neil</i>	12:00-12:45 YS ◆ ANTHEM™ <i>Jai Mac Neil</i>	4:00-4:45 MS ◆ Stacked! <i>Mason Denham</i>	4:00-4:45 MS ◆ Stacked! <i>Mason Denham</i>	4:00-4:45 MS ◆ Stacked! <i>Mason Denham</i>	5:00-5:45 CS ◆ Cycle Beats <i>Mason Denham</i>	12:30-1:30 MS ◆ Kickboxing <i>Tai Klyce</i>	12:30-1:30 MS ◆ Kickboxing <i>Tai Klyce</i>	11:00-11:45 TR ◆ Precision Run® <i>Martin Kuepker</i>	11:00-11:45 TR ◆ Precision Run® <i>Martin Kuepker</i>
12:00-1:00 YS ◆ Vinyasa Yoga <i>Warren Lange</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Jennifer Miller</i>	12:00-12:45 CS ◆ Cycle Beats <i>Megan King</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Stephanie Vu</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Denelle Numis</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Denelle Numis</i>	4:15-5:00 CS ◆ Cycle Power <i>MJ Paul</i>	4:15-5:00 CS ◆ Cycle Power <i>MJ Paul</i>	4:15-5:00 CS ◆ Cycle Power <i>MJ Paul</i>	6:00-6:45 TR ◆ Precision Run® <i>Mason Denham</i>				
12:15-1:00 MS ◆ Off The Barre <i>Jai Mac Neil</i>	4:15-5:00 CS ◆ Cycle Power <i>MJ Paul</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Denelle Numis</i>	4:15-5:00 CS ◆ Cycle Power <i>MJ Paul</i>	4:00-4:45 YS ◆ Barre <i>Jaime Young</i>	4:00-4:45 YS ◆ Barre <i>Jaime Young</i>	5:15-6:00 MS ◆ Stacked! <i>Precious Moreno</i>	5:15-6:00 MS ◆ Stacked! <i>Precious Moreno</i>	5:15-6:00 MS ◆ Stacked! <i>Precious Moreno</i>					
4:00-5:00 YS ◆ Yoga Sculpt <i>Gustavo Rearte</i>	5:15-6:00 MS ◆ Stacked! <i>Precious Moreno</i>	4:00-4:45 YS ◆ Barre <i>Jaime Young</i>	4:15-5:00 MS ◆ METCON3 <i>Iris Vazquez</i>	4:15-5:00 MS ◆ METCON3 <i>Iris Vazquez</i>	4:15-5:00 MS ◆ METCON3 <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>					
4:15-5:00 MS ◆ Ropes and Rowers <i>Jomar Tagatac</i>	5:30-6:15 TR ◆ Precision Run® <i>Jennifer Miller</i>	4:15-5:00 MS ◆ METCON3 <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>					
5:30-6:15 MS ◆ METCON3 <i>Iris Vazquez</i>	5:30-6:15 YS ◆ Barre <i>Jai Mac Neil</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:15 MS ◆ STRONG <i>Iris Vazquez</i>	5:30-6:30 MS ◆ Vinyasa Yoga <i>Gustavo Rearte</i>	5:30-6:30 MS ◆ Vinyasa Yoga <i>Gustavo Rearte</i>	6:30-7:15 CS ◆ ANTHEM™ <i>Jai Mac Neil</i>	6:30-7:15 CS ◆ ANTHEM™ <i>Jai Mac Neil</i>	6:30-7:15 CS ◆ ANTHEM™ <i>Jai Mac Neil</i>					
5:30-6:15 TR ◆ Precision Run® <i>Jomar Tagatac</i>	6:30-7:15 MS ◆ Tabata Max <i>Precious Moreno</i>	5:30-6:30 MS ◆ Vinyasa Yoga <i>Gustavo Rearte</i>	5:30-6:30 MS ◆ Vinyasa Yoga <i>Gustavo Rearte</i>	7:00-7:45 YS ◆ Barre <i>Meredith Hoffman</i>	7:00-7:45 YS ◆ Barre <i>Meredith Hoffman</i>	6:30-7:15 MS ◆ Tabata Max <i>Precious Moreno</i>	6:30-7:15 MS ◆ Tabata Max <i>Precious Moreno</i>	6:30-7:15 MS ◆ Tabata Max <i>Precious Moreno</i>					
5:30-6:30 YS ◆ Vinyasa Yoga <i>Gustavo Rearte</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jenny Clise</i>	7:00-7:45 YS ◆ Barre <i>Meredith Hoffman</i>	7:00-7:45 YS ◆ Barre <i>Meredith Hoffman</i>			7:00-8:00 YS ◆ Vinyasa Yoga <i>Jenny Clise</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jenny Clise</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jenny Clise</i>					
5:45-6:30 CS ◆ Cycle Power <i>Megan King</i>	Upper Body Conditioning + Best Abs Ever <i>Jai Mac Neil</i>					7:00-8:00 YS ◆ Vinyasa Yoga <i>Jenny Clise</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jenny Clise</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jenny Clise</i>					
6:45-7:30 MS ◆ Best Butt Ever + Best Abs Ever <i>Esteban Deleon</i>	7:30-8:15 MS ◆ Best Butt Ever + Best Abs Ever <i>Jai Mac Neil</i>												
7:00-7:45 YS ◆ Barre <i>Meredith Hoffman</i>													
8:00-8:30 MS ◆ Best Abs Ever <i>Esteban Deleon</i>													

# EQUINOX

## UNION STREET

2055 UNION STREET  
SAN FRANCISCO CA 94123  
EQUINOX.COM  
@EQUINOX

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

**FRI:** 5:00AM - 8:00PM

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

## GROUP FITNESS MANAGER

abbie.attwood@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

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

## WHAT'S NEW THIS MONTH

### CYCLING

**ANTHEM™** Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

**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.

### YOGA

**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.

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

**YOGA STRONG** Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

### 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.

**METCON3** 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.

**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.

**UPPER BODY CONDITIONING + BEST ABS EVER** A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

### 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.

**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.

**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.

### DANCE

**CARDIO DANCE** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

### BOXING AND KICKBOXING

**KICKBOXING** A high-intensity kickboxing workout featuring boxing bags. Perfect your technique while improving strength, stamina, and cardio endurance.

### SCULPT

**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.