

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 MS ◆ MET CON3 <i>Jomar Tagatac</i>	7:15-8:15 YS ◆ Yin Yoga <i>Steven Andrew</i>	6:00-6:45 TR ◆ Precision Run@ <i>Jomar Tagatac</i>	6:30-7:15 BR ◆ Boxing <i>Rafael Ochoa</i>	7:00-7:50 MS ◆ Ropes and Rowers <i>Jomar Tagatac</i>	7:15-8:15 YS ◆ Yin Yoga <i>Steven Andrew</i>	7:00-7:45 MS ◆ MET CON3 <i>Henry Brazer</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Warren Lange</i>	7:00-7:45 MS ◆ Stacked! <i>Precious Moreno</i>	8:00-8:45 BA ◆ Barefoot Body Sculpt <i>Precious Moreno</i>	8:30-9:15 BR ◆ Boxing <i>Ulises Soriano</i>	9:30-10:15 BR ◆ Boxing <i>Ulises Soriano</i>	9:30-10:15 MS ◆ MET CON3 <i>Helen Saunders</i>	9:30-10:15 MS ◆ Tabata Max <i>Nina De Ocampo</i>
9:00-9:45 BA ◆ Barre <i>Cynthia Dawson</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Gustavo Rearte</i>	7:00-7:45 MS ◆ Best Butt Ever <i>Jomar Tagatac</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Warren Lange</i>	8:00-8:50 CS ◆ Cycle Beats <i>Helen Saunders</i>	9:00-9:45 BA ◆ Pilates Fusion <i>Judy Rukat</i>	8:00-8:45 TR ◆ Elevate <i>Judy Rukat</i>	9:00-9:45 BA ◆ Pilates Fusion <i>Judy Rukat</i>	12:00-1:00 YS ◆ Hatha Yoga <i>Howard Tom</i>	12:15-1:00 BA ◆ Barre <i>Cynthia Dawson</i>	9:30-10:20 MS ◆ MET CON3 <i>Helen Saunders</i>	10:30-11:20 CS ◆ Cycle Beats <i>Clara Constable</i>	10:30-11:45 YS ◆ Vinyasa Yoga <i>Steven Andrew</i>	10:30-12:00 YS ◆ Vinyasa Yoga <i>Gustavo Rearte</i>
12:30-1:15 BA ◆ Barre <i>Song King</i>	12:30-1:15 BR ◆ Boxing <i>Fernando Capeletti</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Cecily Guest</i>	12:30-1:25 MS ◆ Rounds <i>Kaitie Kinser</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Gustavo Rearte</i>	12:30-1:15 BA ◆ Barre <i>Colette Hernandez</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Cecily Guest</i>	12:15-1:00 BR ◆ Boxing <i>Rafael Ochoa</i>	12:30-1:15 MS ◆ Master of One <i>Evan Chasan</i>	4:30-5:30 YS ◆ Yin Yang Yoga (HEATED) <i>Jessica Seid</i>	11:30-12:30 MS ◆ Best Stretch Ever <i>Helen Saunders</i>	12:30-1:30 YS ◆ Vinyasa Yoga (HEATED) <i>Michael Hubbard</i>	12:30-1:30 YS ◆ Hatha Yoga <i>Howard Tom</i>	10:00-11:00 CS ◆ The Pursuit: Bum <i>Kevin Pura</i>
4:30-5:15 MS ◆ Best Butt Ever <i>Esteban Deleon</i>	5:15-6:00 BA ◆ Best Stretch Ever <i>Helen Saunders</i>	5:00-5:45 MS ◆ Stacked! <i>Jomar Tagatac</i>	5:15-6:00 BA ◆ Barre <i>Annalisa Brown</i>	4:30-5:30 YS ◆ Yin Yoga Meditation <i>Denelle Numis</i>	5:30-6:15 MS ◆ Tabata Max <i>Precious Moreno</i>	5:15-6:00 BA ◆ Barre <i>Annalisa Brown</i>	5:30-6:15 MS ◆ TRX Max <i>Helen Saunders</i>	5:00-5:45 CS ◆ Cycle Power <i>Anna Kreiter</i>	5:30-6:15 MS ◆ MET CON3 <i>Henry Brazer</i>	5:45-6:30 BA ◆ Pilates Mat <i>Derrick Samonte</i>	6:15-7:00 BR ◆ Boxing <i>Ulises Soriano</i>		
5:15-6:00 MS ◆ Cardio Dance <i>Esteban Deleon</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Cecily Guest</i>	6:00-6:45 TR ◆ Precision Run@ <i>Jomar Tagatac</i>	6:00-6:45 TR ◆ Boxing <i>Fernando Capeletti</i>	5:30-6:15 MS ◆ Tabata Max <i>Precious Moreno</i>	5:45-6:30 BR ◆ Boxing <i>Meriem Boudjarane</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Cecily Guest</i>	6:30-7:15 BR ◆ Boxing <i>Fernando Capeletti</i>	5:45-6:30 BA ◆ Pilates Mat <i>Derrick Samonte</i>	6:15-7:00 BR ◆ Boxing <i>Ulises Soriano</i>				
5:30-6:30 YS ◆ Vinyasa Yoga (HEATED) <i>Brandi Zorzy</i>	6:15-7:05 CS ◆ Cycle Beats <i>Helen Saunders</i>	6:15-7:05 CS ◆ Cycle Beats <i>Helen Saunders</i>	6:30-7:15 BR ◆ Boxing <i>Fernando Capeletti</i>	5:45-6:30 CS ◆ Cycle Beats <i>Henry Rangel</i>	6:00-6:45 TR ◆ Precision Run@ <i>Rich Velazquez</i>	6:30-7:15 BR ◆ Boxing <i>Fernando Capeletti</i>	6:30-7:15 MS ◆ Cardio Dance <i>Kenny Walter</i>						
5:45-6:30 CS ◆ ANTHEM™ <i>Jai Mac Neil</i>	7:30-8:15 MS ◆ TRX Max <i>Helen Saunders</i>		7:30-8:15 MS ◆ TRX Max <i>Helen Saunders</i>	6:00-7:15 YS ◆ Vinyasa Yoga <i>Denelle Numis</i>	6:00-7:15 YS ◆ Vinyasa Yoga <i>Denelle Numis</i>	6:30-7:15 MS ◆ Cardio Dance <i>Kenny Walter</i>	7:30-8:15 MS ◆ Tabata Max <i>James Higgins</i>						
6:00-6:45 TR ◆ Precision Run@ <i>Rich Velazquez</i>				6:45-7:30 BA ◆ Barefoot Body Sculpt <i>Precious Moreno</i>									
6:30-7:15 MS ◆ MET CON3 <i>Helen Saunders</i>													
6:45-7:30 BA ◆ Barre <i>Jai Mac Neil</i>													

EQUINOX

SPORTS CLUB SAN FRANCISCO

747 MARKET STREET
SAN FRANCISCO CA 94103
EQUINOX.COM
@EQUINOX

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

FRI: 5:00AM - 8:00PM

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

GROUP FITNESS MANAGER

helen.saunders@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

BA	Barre Studio
YS	Yoga Studio
TR	Treadmill Area
BR	Boxing Studio
MS	Main Studio
CS	Cycling 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.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

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

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 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

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.

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.

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 YANG YOGA (HEATED) Celebrate the Equinox with a balanced practice that begins with 30 minutes of Vinyasa Yoga, representing sun energy, followed by 30 minutes of Yin Yoga representing, moon energy. Enjoy this specialty Equinox exclusive to celebrate Equinox's 30th anniversary.

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

YIN YOGA MEDITATION A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. 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.

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

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

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

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.

SCULPT

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

 **ATHLETIC TRAINING**

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.

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.

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.

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.