

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:15 - 6:00 MS</b> <b>RamPP Landan Laurusaitis</b> 6:00 - 7:00 CS * Studio Cycling Alex Gould 6:00 - 7:00 MS Shockwave Iris Vazquez <b>7:00 - 8:00 MS</b> <b>Fit Physique Kirsten Johnson</b> 8:30 - 9:30 MS Barre Burn Tanya Ortiz 9:15 - 10:15 CS * Studio Cycling Melissa Redd 9:30 - 10:30 MS Zumba® Miggy Mendoza 9:45 - 10:45 YS Vinyasa Flow Yoga Michelle Myhre 11:00 - 12:00 YS Nia Kirsten Johnson	6:00 - 7:00 CS * Roadfit Cycling Matt Trulio 6:00 - 7:00 MS METCON3 Aya Andrews 7:00 - 8:00 YS Vinyasa Yoga Keith Erickson 8:30 - 9:30 MS Dance Grooves Taliah Mekki 9:00 - 10:00 CS * Cycle Beats Elisha Caunday 9:30 - 10:30 MS The Skinny Jeans Workout™ Molly Fox 10:45 - 11:45 YS Core Strength & Stretch Molly Fox 11:00 - 12:00 MS * TRX Suspension Workout (L2) Kevin Defro	6:00 - 7:00 CS * Studio Cycling Kimberly Smith (California) 6:00 - 7:00 MS Body Conditioning Mercy Forde 7:00 - 8:00 YS Pilates Power Flow Lindsey Richards 8:30 - 9:30 MS Barre Burn Brittney Wassermann 9:15 - 10:15 CS * Studio Cycling Anne Longo 9:30 - 10:30 MS Cardio Sculpt Melissa Redd 9:45 - 10:45 YS Pure Yoga Michelle Myhre 10:30 - 11:00 MS Core Cuts Melissa Redd 11:00 - 12:00 YS Nia Kirsten Johnson	6:00 - 7:00 CS * Roadfit Cycling CJ MacDonald 6:00 - 7:00 MS TRX MAX Laura Schuster 7:00 - 8:00 YS Vinyasa Yoga Keith Erickson 8:30 - 9:30 MS Danceation™ Heath Hunter 9:30 - 10:30 MS The Skinny Jeans Workout™ Molly Fox 10:45 - 11:45 YS Core Strength & Stretch Molly Fox 11:00 - 12:00 MS * TRX Suspension Workout (L1/2) Kevin Defro	6:00 - 7:00 CS * Studio Cycling Virginia Richards 6:00 - 7:00 MS Hard Core Conditioning Mercy Forde 7:00 - 8:00 MS METCON3 Iris Vazquez 8:30 - 9:30 CS * Cycle Beats Kirsten Johnson <b>8:30 - 9:30 MS</b> <b>Rhythm + Barre Brittney Wassermann</b> 9:30 - 10:30 YS Vinyasa Yoga Tracy Gulbransen 9:35 - 10:35 MS Step and Strength Demetreous Hill 10:30 - 11:30 YS Gyrokinesis Rong Lew	<b>8:20 - 9:20 MS</b> <b>A.R.T. Method Molly Fox</b> 8:30 - 9:30 YS Flow Play Vinyasa Jochen Kumm 8:45 - 9:45 CS * Studio Cycling Anne Longo 9:35 - 10:35 MS Boot Camp Liz Cumby 9:40 - 10:40 YS Deep Flow Vinyasa Molly Fox 10:40 - 11:40 MS Danceation™ Heath Hunter 11:45 - 12:45 MS Barre Burn Kirsten Johnson	8:30 - 9:45 CS * All Terrain Cycling Kate Hillier 8:30 - 9:30 MS Body Conditioning Karen Canzoneri 9:30 - 10:45 YS Vinyasa Flow Yoga Jennifer Ward 9:35 - 10:35 MS TRX MAX Laura Schuster <b>10:40 - 11:40 MS</b> <b>Dance Grooves Melissa Montelongo</b> 11:00 - 12:00 YS Healing Hatha Yoga Johanna Claassen <b>11:45 - 12:45 MS</b> <b>Rhythm + Barre Brittney Wassermann</b>
12:00 - 1:00 YS Pilates Power Play Kirsten Johnson	12:00 - 1:00 YS Deep Flow Vinyasa Molly Fox	12:00 - 1:00 YS Ballet Body Heath Hunter	12:00 - 12:45 CS * Cycle Beats Rachel Carrasco 12:00 - 1:00 YS Deep Flow Vinyasa Molly Fox	12:00 - 1:00 YS Vinyasa Yoga Keith Erickson	4:30 - 5:30 YS Deep Flow Vinyasa Bethany Sala	
5:15 - 6:15 CS * Studio Cycling Dave Dobrow 5:30 - 6:30 MS TRX MAX Laura Schuster 5:30 - 6:30 YS Pilates Ballet Stephanie Herman 6:30 - 7:30 YS Yoga for the Inflexible Keith Erickson 6:35 - 7:35 MS METCON3 Kristoffer Morgan 6:40 - 7:40 CS * Cycle Beats Dave Dobrow 7:35 - 8:05 MS Core Cuts Kristoffer Morgan 7:40 - 8:40 YS Flow Play Vinyasa Johanna Claassen	<b>5:30 - 6:30 MS</b> <b>Fit Physique Kirsten Johnson</b> 6:15 - 7:30 YS Power Yoga (L2) Tracy Gulbransen 6:30 - 7:30 CS * Studio Cycling Johannes Steffens 6:35 - 7:35 MS Strength & Sweat Demetreous Hill 7:35 - 8:35 YS Yin Yoga Michelle Myhre 7:45 - 8:45 MS Danceation™ Heath Hunter	5:15 - 6:15 CS * Roadfit Cycling Dana Prieto 5:30 - 6:30 MS TRX MAX Kevin Defro 5:30 - 6:30 YS Pilates Demetreous Hill 6:30 - 7:00 MS Ab Lab Kevin Defro 6:30 - 7:30 YS Yoga for the Inflexible Johanna Claassen <b>7:00 - 8:00 MS</b> <b>Rhythm + Barre Brittney Wassermann</b> 7:40 - 8:40 YS Power Yoga Alika Medeiros	<b>5:30 - 6:30 MS</b> <b>METCON3 Kristoffer Morgan</b> 6:15 - 7:30 YS Power Yoga (L2) Tracy Gulbransen 6:30 - 7:30 CS * Roadfit Cycling Todd Royce 6:35 - 7:35 MS Streamline Sculpt Demetreous Hill 7:35 - 8:35 YS Yin Yoga Michelle Myhre 7:45 - 8:45 MS Danceation™ Janet Brock	5:00 - 6:00 YS Pilates Demetreous Hill 5:30 - 6:30 CS * Roadfit Cycling Earl Jones 6:30 - 7:45 YS Flow Play Vinyasa Barry Au-Yeung		5:00 - 6:15 YS Power Flow Yoga Bradley Dixon

## JANUARY 2015 - CLASS DESCRIPTIONS

### PALO ALTO

440 Portage Avenue  
Palo Alto CA 94306  
650.319.1700  
equinox.com

### CLUB HOURS

Mon-Thr: 5:00am - 11:00pm  
Fri: 5:00am - 10:00pm  
Sat & Sun: 7:00am - 8:00pm

### BULLETIN BOARD

#### ETC registration starts January 21!

ETC Equinox Training Camp is back! Join our 6-week progressive Boot camp training taught by ETC coaches and PTs, and get fit fast.

Try out ETC preview classes on Tuesday January 13th at 7am or Saturday January 17th at 8am!

#### CYCLE FOR SURVIVAL PROMO CLASS

Join Equinox Fitness Specialist and Cycling Presenter, Christian Noni, and get to know the spirit of Cycle for Survival Saturday January 31 @ 11am - 12noon!

#### CLASS SCHEDULE LEGEND

**BOLD** New Class, Instructor or Time  
\* Sign-up required  
(available 30 min prior to start of class)

#### CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome  
L1 Beginner  
L1/2 Beginner/Intermediate  
L2 Intermediate  
L2/3 Intermediate/Advanced  
L3 Advanced/Practiced

#### STUDIO KEY

CS Cycling Studio  
MS Main Studio  
YS Yoga Studio  
CL Club Lobby

#### A.R.T. METHOD

Sculpt your body into a work of ART! The A.R.T. Method: Active Resistance Training® is a unique and intense low-impact mat practice for all levels using yoga blocks as a tool and targeted, layered exercises to develop muscle definition and transform your whole body.

#### AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

#### ALL TERRAIN CYCLING

This class is designed to provide the riders with strength to climb steep hills on unpaved surfaces, or trails and skill to negotiate fast descents. Whether the goal is fitness training, weight loss or an alternative to bad weather. This class will motivate you!

#### BALLET BODY

This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.

#### BALLET FIT

Get your inner ballerina on and step up to the barre. Classical ballet techniques at the barre will dramatically improve your posture, flexibility and strength for a beautiful ballet fit body. No dance experience required. Work from within to develop your own artistic fluidity and grace.

#### BARRE BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

#### BODY CONDITIONING

Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

#### BOOT CAMP

You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

#### CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

#### CORE CUTS

Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

#### CORE STRENGTH & STRETCH

An alignment class that focus on two very important components of fitness: core strength and flexibility.

#### CYCLE 60

A full 60 minute indoor cycling ride to benefit your cardiovascular system and burn tons of calories.

#### CYCLE BEATS

Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience. Cycling 'out-of-the-saddle' is an option for advanced cyclists.

#### DANCE GROOVES

Unique mix of Jazz dance ,House afro and Hip Hop for all levels. Sweat dance and get your groove on!

#### DANCE!

Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop. Benefits include overall cardiovascular conditioning.

#### 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.

#### DEEP FLOW VINYASA

Intense pose sequences, compassionately taught, to awaken each of the senses and connect you to the wisdom of your physical and emotional body. This class is inspired by Forrest Yoga to encourage you to go deeper in your yoga practice and bring joy to your body, mind and spirit.

#### ETC PREVIEW CLASS

Ready to make a change? With a year of incredible member results to boot, Equinox Training Camp is not your typical Bootcamp. 6-weeks full-out commitment with the best exercises, techniques, equipment & world-class instructors to unleash your best body now. Visit equinox.com/etc for information.

#### FIT PHYSIQUE

Cutting-edge exercises are drawn from traditional strength training, dancer's conditioning and Pilates inspired movements with the goal of long lean toned body. No bulky muscles. Extra stretching geared for perfect posture and you'll leave feeling like a work of art!

#### FLOW PLAY VINYASA

An energizing Vinyasa class using music and sound healing as a catalyst for better movement, mental clarity and a more efficient practice.

#### GYROKINESIS

Gyrokinesis is a true mind body exercise which strikes a chord with those who enjoy circular movement with a rhythmical flow! Yoga positions and Qi Gong self massage are part of this separate discipline. As in dance, you will stretch and strengthen deeply, plus improve balance and coordination.

#### HARD CORE CONDITIONING

An intense upper and lower body workout with a strong focus on defining the core muscles by challenging both strength and stability. Using weights, the body bar, and a step, this class will help you define your body from head to toe.

#### HEALING HATHA YOGA

This class will connect breath to movement and movement to intention. Connect with your body and know it better. Breathe.. move, heal.

#### METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

#### NIA

Music, Movement & Magic: Nia is medicine for your body & soul. Achieve whole-being integration (body, mind, emotions, spirit) using expressive movement designed to heal & condition you from the inside out. A fusion of dance arts, martial arts & healing arts created by Debbie & Carlos Rosas.

#### PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

#### PILATES BALLET

Pilates Ballet consist of floor, standing, and traveling across the floor. Utilizing blocks, mini-balls and straps. Learn how to control your body inside and out through creative exercises that will activate specific muscles around perfect alignment.

#### PILATES POWER FLOW

Rethink your Pilates practice! Focus on traditional Pilates and Yoga concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

#### PILATES POWER PLAY

Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

#### POWER FLOW YOGA

Stephanie's signature yoga class choreographed to soulful music blending Ashtanga, Vinyasa, Power and Restorative yoga. A transformational experience designed for all levels.

#### POWER YOGA

Our most athletic vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different yoga styles.

#### PURE YOGA

The fundamentals of Iyengar-based alignment offered steadily in a spirited classical practice that combines the dynamics of vinyasa, empowered breath and awareness. Together, this synergistic experience unveils your inner power as you realize your one true yogic path.

#### RAMPP

Rapid a.m. Peak Performance - Get your day off to a productive start with this 45 minute workout that's designed to train both your body and your mind. It's music, movement and mental preparation in a fast and challenging class that will get you top tier results.

#### RHYTHM + BARRE

Elevate your barre experience and use rhythm to guide you in this barre, Pilates and barefoot cardio inspired workout. Rhythm + Barre will challenge your cardiovascular endurance, bodyweight strength, agility and flexibility.

#### ROADFIT CYCLING

Indoor training for the outdoor cyclist. Sport-specific drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

#### SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the Indo-Row machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results! Sign-up is required at the front desk.

#### STEP AND STRENGTH

This high energy combo class integrates powerful step with intense strength training. An awesome workout with fun music & energetic choreography.

#### STREAMLINE SCULPT

Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

#### STRENGTH & SWEAT

Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

#### STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

#### THE SKINNY JEANS WORKOUT™

A Whole Body Workout designed to focus on your abs, buns and thighs and get you into those skinny jeans. Molly Fox creator, Skinny Jeans Advocate and Change your Body Agent, fused tried and true 80's exercises with new modern moves. A fitness experience for all ages, get into a pair today...

#### TRX MAX

Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

#### TRX SUSPENSION WORKOUT

Turn your workout upside down and change your body without lifting a single weight! This workout makes use of a simple strap with handles whose suspension design uses body weight and the laws of physics to create hundreds of exercise progressions with virtually unlimited levels of resistance. The program includes 250+ highly functional exercises to develop lean and powerful muscle throughout the entire body.

#### VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

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A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

#### YIN YOGA

A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga.