

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
5:15 - 6:00 MS RamPP Landan Laurusaitis	6:00 - 7:00 CS * Roadfit Cycling Matt Trulio	6:00 - 7:00 CS * Studio Cycling Kimberly Smith (California)	6:00 - 7:00 CS * Roadfit Cycling CJ MacDonald	6:00 - 7:00 MS RamPP Landan Laurusaitis	8:15 - 9:15 YS A.R.T. Method Molly Fox	9:30 - 10:25 MS TRX MAX Laura Schuster
6:00 - 7:00 CS * Studio Cycling Alex Gould	6:00 - 7:00 MS METCON3 Aya Andrews	6:00 - 7:00 MS Body Conditioning Mercy Forde	6:00 - 7:00 MS TRX MAX Laura Schuster	7:00 - 8:00 MS METCON3 Iris Vazquez	8:45 - 9:45 CS * Studio Cycling Anne Longo	9:30 - 10:45 YS Vinyasa Flow Yoga Nitika Bhatia
6:00 - 7:00 MS Shockwave Iris Vazquez	7:00 - 8:00 MS TRX MAX Bianca Villegas	7:00 - 8:00 YS Pilates Power Flow Lindsey Richards	7:00 - 8:00 MS Stacked! Iris Vazquez	8:30 - 9:30 MS Barre Bootcamp Brittney Wassermann	9:30 - 10:30 YS Hot Vinyasa Yoga Molly Fox	10:30 - 11:30 MS Dance Grooves Melissa Montelongo
8:30 - 9:30 MS Barre Burn Tanya Ortiz	7:00 - 8:00 YS Vinyasa Yoga Susan Fox	8:30 - 9:30 MS Barre Burn Brittney Wassermann	7:00 - 8:00 YS Vinyasa Yoga Nitika Bhatia	9:15 - 10:15 CS * Cycle Beats Earl Jones	10:00 - 10:50 MS X-Treme X-Train Landan Laurusaitis	11:00 - 12:00 YS Healing Hatha Yoga Nitika Bhatia
9:15 - 10:15 CS * Studio Cycling Melissa Redd	8:30 - 9:30 MS Dance Grooves Taliah Mekki	9:15 - 10:15 CS * Studio Cycling Anne Longo	8:30 - 9:30 MS Danceation™ Heath Hunter	9:30 - 10:15 MS Cardio Sculpt Taliah Mekki	10:45 - 11:45 YS Barre Burn Tanya Ortiz	11:30 - 12:30 MS Barre Fit Cardio Brittney Wassermann
9:30 - 10:30 MS Dance! Tanya Ortiz	9:30 - 10:30 MS The Skinny Jeans Workout™ Molly Fox	9:30 - 10:30 MS Cardio Sculpt Landan Laurusaitis	9:30 - 10:30 MS The Skinny Jeans Workout™ Molly Fox	9:30 - 10:30 YS Power Vinyasa Yoga Tracy Gulbransen	11:00 - 12:00 MS Danceation™ Heath Hunter	
9:45 - 10:45 YS Vinyasa Flow Yoga Michelle Myhre	10:45 - 11:45 YS Core Strength & Stretch Molly Fox	9:45 - 10:45 YS Pure Yoga Michelle Myhre	10:45 - 11:45 YS Core Strength & Stretch Molly Fox	10:15 - 11:15 MS Dance Grooves Taliah Mekki		
	11:00 - 12:00 MS * TRX Suspension Workout (L2) Kevin Defro	10:30 - 11:00 MS Core Cuts Landan Laurusaitis	11:00 - 12:00 MS * TRX Suspension Workout (L1/2) Kevin Defro			
12:00 - 1:00 YS Barre Burn Taliah Mekki	12:00 - 1:00 YS Hot Vinyasa Yoga Molly Fox	12:00 - 1:00 YS Ballet Body Heath Hunter	12:00 - 1:00 YS Hot Vinyasa Yoga Molly Fox	12:00 - 1:15 YS Yoga and Meditation Keith Erickson		
1:00 - 2:00 YS Vinyasa Flow Yoga Brian Aganad						
5:15 - 6:15 CS * Studio Cycling Dave Dobrow	5:30 - 6:30 MS Barre Fit Cardio Taliah Mekki	5:30 - 6:30 CS * Rhythm Revolution Mark Thompson	5:30 - 6:30 MS Kick It! Taliah Mekki			
5:30 - 6:30 MS TRX MAX Laura Schuster	6:15 - 7:30 YS Power Yoga (L2) Tracy Gulbransen	5:30 - 6:30 MS X-Treme X-Train Landan Laurusaitis	6:15 - 7:30 YS Power Yoga (L2) Tracy Gulbransen			
5:30 - 6:30 YS Pilates Ballet Stephanie Herman	6:30 - 7:30 CS * Studio Cycling Johannes Steffens	6:30 - 7:00 MS Core Cuts Landan Laurusaitis	6:30 - 7:30 CS * Roadfit Cycling Todd Royce			
6:30 - 7:30 CS * Cycle Beats Dave Dobrow	6:30 - 7:30 MS Strength & Sweat Demetrious Hill	6:30 - 7:30 YS Yoga Fundamentals Sruth Colbert	6:30 - 7:30 MS METCON3 Matthew Truscott			
6:30 - 7:30 MS METCON3 Matthew Truscott	7:35 - 8:35 YS Yin Yoga Michelle Myhre	7:00 - 8:00 MS Barre Bootcamp Tanya Ortiz	7:35 - 8:35 YS Yin Yoga Michelle Myhre			
6:30 - 7:30 YS Yoga Fundamentals Keith Erickson	7:45 - 8:45 MS Danceation™ Heath Hunter	7:40 - 8:40 YS Power Yoga Alika Medeiros	7:45 - 8:45 MS Danceation™ Janet Brock			
7:30 - 8:00 MS ViPR CORE Matthew Truscott						
7:40 - 8:40 YS Flow Play@ Vinyasa Johanna Claassen						

JULY 4TH 2015 - CLASS DESCRIPTIONS

PALO ALTO

440 Portage Avenue
Palo Alto CA 94306
650.319.1700
equinox.com

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

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.

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.

BARRE BOOTCAMP

Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

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.

BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

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.

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 , global rhythms 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.

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.

FLOW PLAY® VINIYASA

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

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.

HOT VINIYASA YOGA

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

KICK IT!

A non stop high intensity workout featuring kickboxing, athletic training, plyometrics and cardio dance moves to heart pounding high energy music. Aerobic and anaerobic threshold training to push your cardiovascular system to a place it has never gone before!

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.

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.

POWER VINIYASA YOGA

A dynamic, physically energizing form of yoga that is characterized by flowing sequences that are linked to the breath.

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 REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

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 WaterRower 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!

STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

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.

VINYASA YOGA

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.

VIPIR CORE

NEW and Revolutionary: One up your Core Training with ViPR Core. Fundamental core training for increased stability, strength and definition utilizing the ViPR.

X-TREME X-TRAIN

A challenging cross-training class that combines sets and reps of muscle conditioning exercises, with plyometric training drills. A fast paced total body workout geared toward increasing both muscular strength and endurance.

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.

YOGA AND MEDITATION

Heat and wake the body with a gentle yoga flow. Then get centered and energized with a meditation accompanied by music. Relax, regenerate and re-focus!

YOGA FUNDAMENTALS

For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.