

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 YS Barre Fit Cardio Jeff McMullen	5:45 - 6:30 CS * Cycle 45 Heidi Stubler	5:45 - 6:30 MS Body Conditioning Nikki Elliott	5:45 - 6:30 CS * Cycle 45 Heidi Stubler	6:00 - 6:45 CS * Cycle Beats Jeff McMullen	8:30 - 9:30 CS * Cycle Beats Jeff McMullen	8:45 - 9:30 CS * Cycle 45 Daniel Orlick
6:30 - 7:15 CS * Power RIDE! Danny Baker	6:00 - 7:00 YS Vinyasa Flow Yoga Stephanie Wang	6:00 - 7:00 YS Pilates Christine Vleck	6:00 - 7:00 YS Sunrise Yoga Jon Isaacs	6:30 - 7:15 MS METCON3 CJ Blackman	9:00 - 10:00 MS Best Body Breakthru Jayme Boyle	9:00 - 9:45 MS STRONG™ Lisa Horowitz
7:15 - 8:00 MS 30/60/90® Topher Lorette	6:30 - 7:15 MS Circuit Challenge CJ Blackman	6:30 - 7:15 CS * Power RIDE! Danny Baker	6:30 - 7:15 MS Strength & Sweat Jayme Boyle	7:15 - 8:00 YS Barre Bootcamp Tania Valle	9:00 - 10:15 YS Power Vinyasa Yoga Jon Isaacs	9:30 - 11:00 YS Vinyasa Yoga Ethan Savage
8:30 - 9:30 YS Inside Out Barre Taliah Mekki	7:15 - 8:00 CS * Breathless: The Ride Jayme Boyle	7:15 - 8:00 MS 30/60/90® Topher Lorette	7:15 - 8:00 CS * Breathless: The Ride Jayme Boyle	8:30 - 9:30 YS Pilates Laura Lampert	10:15 - 11:00 MS * Shockwave Jay B & Michael M	9:30 - 10:30 TR * Precision Running CJ Blackman
9:30 - 10:00 MS Circuit Challenge CJ Blackman	7:30 - 8:30 MS * ETC Beginning 2/1/15 Equinox Trainers	8:30 - 9:30 YS Inside Out Barre Jaime Young	7:30 - 8:30 MS * ETC Beginning 2/1/15 Equinox Trainers	8:45 - 9:30 CS * Power RIDE! Buddy Macuha	10:30 - 11:15 CS * Power RIDE! Michael Wilbert	10:00 - 10:45 CS * Club Cycling™ Christian Noni
10:00 - 11:15 YS Vinyasa Yoga Buddy Macuha	8:15 - 9:00 TR * Precision Running CJ Blackman	9:30 - 10:00 MS Stacked! CJ Blackman	8:15 - 9:00 TR * Precision Running Jeff McMullen	9:30 - 10:30 MS Strength & Sweat Brian Tschida	10:30 - 11:15 YS Pilates Power Play Laura Lampert	11:00 - 11:45 MS Whipped! CJ Blackman
	8:45 - 9:40 YS Alignment Flow Yoga Kimberly Sin	10:00 - 11:15 YS Vinyasa Yoga Buddy Macuha	8:45 - 9:45 YS Barre Bootcamp Taliah Mekki	10:00 - 11:15 YS Vinyasa Flow Yoga Buddy Macuha	11:15 - 12:00 MS Stacked! Michael Marshall	11:00 - 12:00 YS Inside Out Barre Savannah Hein
	9:00 - 9:45 MS Best Body Breakthru Jayme Boyle		9:00 - 9:45 MS Cardio*Combat*Core*Strength Jeff McMullen		11:30 - 12:15 YS Barre Pilates Laura Lampert	
	9:45 - 10:30 CS * Cycle Beats Michael Wilbert		9:45 - 10:30 CS * Cycle Beats Michael Wilbert			
	10:15 - 11:00 YS Inside Out Barre Jordanna Dworkin		10:30 - 11:30 YS Alignment Flow Yoga Kimberly Sin			
	11:00 - 11:45 YS Pilates Body Burn Jordanna Dworkin					
12:00 - 12:45 YS Barre Pilates Savannah Hein	12:00 - 1:00 YS Power Vinyasa Yoga (L2/3) Pradeep Teotia	12:00 - 1:00 CS * Cycle 60 Cecily Guest	12:00 - 1:00 YS Power Vinyasa Yoga (L2/3) Pradeep Teotia	12:00 - 12:45 CS * Breathless: The Ride Lisa Horowitz	12:00 - 1:00 MS Dance! T.B.D.	3:00 - 4:00 YS Barre Savannah Hein
4:30 - 5:30 YS Pilates Power Play Laura Lampert	4:30 - 5:30 MS Rhythm + Barre Jeff McMullen	12:00 - 12:45 YS Barre Fit Cardio Jeff McMullen	4:30 - 5:30 MS Rhythm + Barre Jaime Young	4:30 - 5:30 YS Barre Tania Valle	3:00 - 4:00 YS Yoga Fundamentals Reza Ebrahimi	4:00 - 5:00 CS * Unleash: The Ride CJ Blackman
	4:30 - 5:30 YS Power Hot Yoga Pradeep Teotia	4:30 - 5:30 YS Yoga Power Hour Jaime Young	4:30 - 5:30 YS Power Hot Yoga Pradeep Teotia		4:00 - 5:30 YS Yoga (L2/3) Reza Ebrahimi	4:00 - 5:00 MS Power Hot Yoga Alley Ramon
5:30 - 6:15 MS Strength & Sweat Jaime Young	5:30 - 6:15 CS * Cycle 45 Russell Bui	5:30 - 6:00 MS Dynamic Strength Vanessa Wilkins	5:30 - 6:15 CS * Cycle 45 Susan Halet	5:30 - 6:15 CS * Cycle Beats Daniel Orlick		5:00 - 6:00 YS Flow Play Restore Alley Ramon
5:45 - 6:45 YS Yoga Power Hour Jennifer Lane	5:45 - 6:45 YS Barre Fit Cardio Jeff McMullen	5:30 - 6:30 YS Pilates Power Play Laura Lampert	5:45 - 6:45 YS Inside Out Barre Jaime Young	5:30 - 6:45 YS Power Vinyasa Yoga Susannah Freedman		
6:30 - 7:15 CS * Cycle Beats Daniel Orlick	6:00 - 7:00 MS Whipped! Brian Tschida	6:00 - 6:45 MS Stacked! Chris Reid	6:00 - 7:00 MS METCON3 Vanessa Ouellette	6:30 - 7:00 MS * Shockwave Daniel Orlick		
6:30 - 7:15 MS Cardio Kick Vanessa Wilkins	6:30 - 7:15 CS * Power RIDE! Vanessa Ouellette	6:30 - 7:15 CS * Cycle Beats Vanessa Wilkins	6:30 - 7:15 CS * Breathless: The Ride Nick Cruze			
7:00 - 8:00 YS Power Vinyasa Yoga Jaime Young	7:00 - 7:15 MS Stretch Brian Tschida	6:45 - 7:30 MS RIPPED Abs & Arms Chris Reid	7:00 - 7:15 MS Ab Lab Vanessa Ouellette			
7:30 - 8:15 CS * Power RIDE! Vanessa Wilkins	7:00 - 8:00 YS Deep Flow Vinyasa Alley Ramon	6:45 - 8:00 YS Power Vinyasa Yoga Austin Efurud	7:00 - 8:00 YS Deep Flow Vinyasa Alley Ramon			
7:30 - 8:15 MS * Shockwave Daniel Orlick	7:15 - 8:00 MS Tabata Russell Bui	7:30 - 8:15 MS Barre Burn Laura Lampert	7:15 - 8:15 MS Cardio Dance Club Vanessa Wilkins			

FEBRUARY 2015 - CLASS DESCRIPTIONS

UNION STREET

2055 Union Street
San Francisco CA 94123
415.854.0799
equinox.com

CLUB HOURS

Mon - Thr: 5:00am - 10:00pm
Fri: 5:00am - 9:00pm
Sat & Sun: 7:00am - 8:00pm

CLASS SCHEDULE LEGEND

BOLD New Class, Instructor or Time
* Sign-up required (available 90 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
TR Treadmill Area

30/60/90®

Created by Kristi Molinaro. A high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Very challenging but modifiable for all levels.

AB LAB

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

ALIGNMENT FLOW YOGA

The flowing structure of Ashtanga yoga, including sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

BARRE

Raise the Barre

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.

BARRE PILATES

Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

BEST BODY BREAKTHRU

This program is perfect to BUILD your best body, BOOST fat-burning and JUMP start your energy. Progressive full body strength training meets sweat inducing, heart pumping cardio intervals. Get moving now with a Body Breakthru!

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.

BREATHLESS: THE RIDE

Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

CARDIO DANCE CLUB

Experience the energy in this heart pounding, non-stop cardio dance workout. Combinations of Jazz, with a touch of Modern, Latin & Funk are surrounded with the explosive sounds of progressive club music. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

CARDIO KICK

An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

CARDIO*COMBAT*CORE*STRENGTH

Fusion of cardio kickboxing and body weight based strength conditioning and standing core based work without every sitting down. Kick, punch, plank, push and lift your body in endless combinations, sequences, directions and planes that will leave you clamoring for more, more, more!

CIRCUIT CHALLENGE

Bosus, Kettlebells, ViPRs, Body Bars, plyometrics, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

CLUB CYCLING™

In just under an hour, you will get your clubbin' on and burn calories, and develop muscle tone. Strategically designed for all fitness levels, this class is perfect for cycling enthusiasts and those looking to simply ride off calories to bumping Hip Hop, Club & Electronic music.

CYCLE 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

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!

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.

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.

DYNAMIC STRENGTH

Develop signature strength. Load the body and move through 3 planes of motion. Have fun while you build strength and muscle week after week.

ETC BEGINNING 2/1/15

Lace up and bare arms for our latest boot camp-esque group training. ETC, aka Equinox Training Camp, is a revolutionary workout that brings old-school military training up to speed with modern science. ETC is a 6-week committed lifestyle makeover and registration for this program is required.

FLOW PLAY RESTORE

A restorative yoga class using music and sound healing to inspire conscious relaxation, concentration and peace of mind.

INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

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

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 BODY BURN

Join creative instructor, Jordanna Dworkin, on a challenging pilates ride that takes you way beyond the classic mat. Expect dynamic movement sequencing, core strengthening, sweet-n-spicy muscle toning and lengthening, with hands-on adjustments for the ultimate form.

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 HOT YOGA

Flow with this warming yoga practice in a studio with a slightly elevated temperature. Warming the body from inside out and outside in you'll enjoy this class if you like to sweat!

POWER RIDE!

A powerful and strong interval training routine that never stops building as you go on a ride like none other! A 45 minute ride that is perfect for fitness enthusiasts, recreational and serious cyclists, and tri-athletes in-training!

POWER VINYASA YOGA

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

PRECISION RUNNING

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Sign-up is required at the front desk. Make sure to bring your own headphones.

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.

RIPPED ABS & ARMS

Get ready to show some skin with this 30 minute sculpt class focused on tightening the abs and sculpting the upper body.

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.

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.

STRETCH

Simple stretching techniques that may incorporate the use of bands, balls, and ballet barre. The perfect class for everyone. Improve flexibility and reduce stress.

STRONG™

Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

SUNRISE YOGA

Start your morning off with sun salutations and begin your day with a balanced body and mind.

TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

UNLEASH: THE RIDE

A full throttle ride that will be a guaranteed breathless adventure. Using the MPower consoles to reach new goals, surpass current thresholds and unleash your inner athlete. Fearless fitness, full throttle power and fun! Unleash: Let's Ride!!!

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.

WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.