

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
6:00 - 7:00 Barre Fit Cardio YS Jeff McMullen	5:45 - 6:30 * Cycle 45 CS Heidi Stubler	5:45 - 6:30 Body Conditioning MS Nikki Elliott	5:45 - 6:30 * Cycle 45 CS Heidi Stubler	6:30 - 7:15 METCON3 MS CJ Blackman	9:00 - 10:00 Best Butt Ever MS Jeff McMullen	9:00 - 10:00 Cardio-KB: Totally Soaked MS Jeff McMullen
6:30 - 7:15 * Power RIDE! CS Danny Baker	6:00 - 7:00 Vinyasa Flow Yoga YS Stephanie Wang	6:00 - 7:00 Pilates YS Christine Vleck	6:00 - 7:00 Sunrise Yoga YS Jaime Young	6:30 - 7:15 Barre Bootcamp YS Tania Valle	10:00 - 11:00 METCON3 MS Michael Marshall	9:30 - 11:00 Vinyasa Yoga YS Ethan Savage
7:15 - 8:00 Stacked! MS Christian Noni	6:30 - 7:15 Circuit Challenge MS CJ Blackman	6:30 - 7:15 * Power RIDE! CS Danny Baker	6:30 - 7:15 Strength & Sweat MS Michael Wilbert	7:15 - 8:00 Best Butt Ever MS Jeff McMullen	10:30 - 11:15 * Power RIDE! CS Michael Wilbert	10:00 - 11:00 * Club Cycling™ CS Christian Noni
8:30 - 9:30 Inside Out Barre YS Jackie Graham	7:15 - 8:00 * Breathless: The Ride CS Jayme Boyle	7:15 - 8:00 Stacked! MS Jeff McMullen	7:15 - 8:00 * Breathless: The Ride CS Michael Wilbert	8:30 - 9:30 Pilates YS Laura Lampert		11:00 - 11:45 Tabata MS Michael Marshall
9:15 - 10:00 Circuit Challenge MS CJ Blackman	8:15 - 9:00 * Precision Running® TR CJ Blackman	8:30 - 9:30 Inside Out Barre YS Jaime Young	8:15 - 9:00 * Precision Running® TR Laura Wong	<b>8:45 - 9:30 * Power RIDE!</b> <b>CS Jeff McMullen</b>		
10:00 - 11:15 Vinyasa Yoga YS Buddy Macuha	9:00 - 9:45 Best Butt Ever MS Jayme Boyle	9:15 - 10:00 METCON3 MS CJ Blackman	8:45 - 9:30 Barre Bootcamp MS Emma Manion	9:30 - 10:30 Strength & Sweat MS Brian Tschida		
	9:30 - 10:30 * Cycle Beats CS Michael Wilbert	10:00 - 11:15 Vinyasa Yoga YS Buddy Macuha	9:00 - 9:45 Cardio*Combat*Core*Strength MS Jeff McMullen	10:00 - 11:15 Vinyasa Flow Yoga YS Buddy Macuha		
	10:30 - 11:30 Inside Out Barre YS Jordanna Dworkin		9:30 - 10:30 * Cycle Beats CS Jayme Boyle			
			10:30 - 11:30 Alignment Flow Yoga YS Kimberly Sin			
12:00 - 12:45 Barre Pilates YS Savannah Hein	12:00 - 1:15 Power Vinyasa Yoga (L2/3) YS Pradeep Teotia	12:00 - 1:00 Barre YS Savannah Hein	12:00 - 1:15 Power Vinyasa Yoga (L2/3) YS Pradeep Teotia			
4:30 - 5:30 Pilates Power Play YS Laura Lampert	4:30 - 5:30 METCON3 MS Brian Tschida	4:30 - 5:30 Yoga Power Hour YS Lindsay Foreman	4:30 - 5:30 Strength & Sweat MS Jaime Young			
	4:30 - 5:30 Power Hot Yoga YS Pradeep Teotia		4:30 - 5:30 Power Hot Yoga YS Katie Cosgrove			
5:30 - 6:15 STRONG™ MS Jeff McMullen	5:30 - 6:15 * Cycle 45 CS Russell Bui	5:30 - 6:30 Pilates Power Play YS Laura Lampert	5:30 - 6:15 * Cycle 45 CS Talia Recht			
5:45 - 6:45 Yoga Power Hour YS Jennifer Lane	5:45 - 6:45 Barre Bootcamp YS Tania Valle	6:00 - 6:45 Stacked! MS Chris Reid	5:45 - 6:45 Inside Out Barre YS Jaime Young			
6:30 - 7:15 * Rhythm Revolution CS Daniel Orlick	6:00 - 7:00 Whipped! MS Brian Tschida	6:30 - 7:30 * Club Cycling™ CS Christian Noni	6:00 - 7:00 METCON3 MS Vanessa Ouellette			
6:30 - 7:15 Barre Burn MS Tanya Ortiz	6:30 - 7:15 * Power RIDE! CS Vanessa Ouellette	6:45 - 7:30 RIPPED Abs & Arms MS Chris Reid	6:30 - 7:15 * Breathless: The Ride CS Jeff McMullen			
6:30 - 7:15 * Precision Running® TR Jeff McMullen	7:00 - 7:15 Stretch MS Brian Tschida	<b>6:45 - 8:00 Hot Power Yoga (L2/3)</b> <b>YS Lindsay Foreman</b>	7:00 - 7:15 Ab Lab MS Vanessa Ouellette			
7:00 - 8:00 Power Vinyasa Yoga YS Jaime Young	7:00 - 8:00 Deep Flow Vinyasa YS Alley Ramon	7:30 - 8:15 Barre Burn MS Laura Lampert	7:00 - 8:00 Deep Flow Vinyasa YS Alley Ramon			
7:30 - 8:15 * Shockwave MS Daniel Orlick	7:15 - 8:00 Tabata MS Russell Bui					

## JULY 4TH 2015 - CLASS DESCRIPTIONS

### UNION ST

2055 Union Street.  
San Francisco CA 94123  
415-854-0799  
equinox.com

### 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

#### 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 BUTT EVER

Best Butt Ever is strategically engineered to lift and shape your hottest asset this summer. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

#### 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\*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!

#### CARDIO-KB: TOTALLY SOAKED

Cardio-KB is a rapid fire, calorie burning workout that takes traditional kick boxing to a whole new level! High intensity cardio combinations that mix classic boxing drills with martial arts and dance deliver an energetic exercise experience guaranteed to leave you Totally Soaked!!!

#### 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 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.

#### 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.

#### HOT POWER YOGA

Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

#### 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 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 powerful 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. Make sure to bring your own headphones.

#### 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.

#### 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 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.

#### 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.

#### 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.

#### YOGA POWER HOUR

A dynamic sixty-minute yoga class that is physically challenging and spiritually energizing. A great option for a time-efficient but complete yoga class!