

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MetCon Monday MS * <i>Vanessa Vasquez</i>	7:15-8:00 Beats Ride CS * <i>Sammy Rosario</i>	6:30-7:20 Stronger MS * <i>Mason Denham</i>	6:30-7:15 Best Butt Ever MS * <i>Vanessa Vasquez</i>	6:30-7:15 Beats Ride CS * <i>Luci McNulty</i>	8:00-8:30 Precision Run 30 TR * <i>Chris Turner</i>	8:30-9:15 Rounds: Boxing MS * <i>Vanessa Vasquez</i>
7:15-8:15 Vinyasa Yoga (Heated) YS * <i>Monica DiLullo</i>	7:30-8:15 True Barre YS * <i>Judy Rukat</i>	7:15-8:05 Sculpted Yoga™ YS * <i>Carolyn Roney</i>	7:15-8:05 Precision Ride CS * <i>Randy Myers</i>	7:15-8:00 Barefoot Sculpt YS * <i>Jessica Trauner</i>	8:30-9:15 Pilates Fusion YS * <i>Mandy Limbach</i>	8:30-9:20 Pilates at the Barre YS * <i>Mandy Limbach</i>
8:15-9:00 Stronger MS * <i>Mason Denham</i>	8:30-9:00 Best Abs Ever MS * <i>Randy Myers</i>	8:15-9:05 Rhythmic Sculpt MS * <i>Emma Simões</i>	7:30-8:15 Pilates Mat (Heated) YS * <i>Judy Rukat</i>	8:30-9:15 Rounds: Boxing MS * <i>Vanessa Vasquez</i>	8:40-9:30 Stronger MS * <i>Chris Turner</i>	9:30-10:15 Beats Ride CS * <i>Nia Basel</i>
9:15-10:05 Pilates at the Barre YS * <i>Stephanie Chan</i>	8:45-9:30 Pilates Fusion YS * <i>Judy Rukat</i>	9:15-10:00 Pilates Fusion YS * <i>Stephanie Chan</i>	8:30-9:20 Pilates at the Barre MS * <i>Randy Myers</i>	8:45-9:35 Pilates at the Barre YS * <i>Jessica Trauner</i>	9:30-10:20 Anthem Ride CS * <i>Debbie Gleeson</i>	9:45-10:30 Core6 MS * <i>Mandy Limbach</i>
9:30-10:15 Core6 MS * <i>Randy Myers</i>	9:00-9:30 Upper Body Pump MS * <i>Randy Myers</i>	9:30-10:20 Limited Series: Stronger Women MS * <i>Debbie Gleeson</i>	8:45-9:45 Vinyasa Yoga YS * <i>Carolyn Roney</i>	9:30-10:15 Anthem Ride CS * <i>Lo</i>	9:45-10:45 Sculpted Yoga™ YS * <i>Rose of Sharon Stoneall</i>	9:45-10:30 Precision Run + Strength Vanessa Vasquez
10:30-11:15 True Barre YS * <i>Tammy Chang</i>	10:00-11:00 Vinyasa Yoga YS * <i>Carolyn Roney</i>		10:00-10:45 Barefoot Sculpt YS * <i>Carolyn Roney</i>	10:15-11:00 Best Butt Ever MS * <i>Mason Denham</i>	10:00-10:45 Rhythmic Sculpt MS * <i>Kevin Wong</i>	10:00-11:00 Gentle Yoga YS * <i>Anna Davies</i>
11:30-12:15 Pilates Fusion YS * <i>Tammy Chang</i>	12:30-1:15 Pilates Mat YS * <i>Debbie Gleeson</i>	11:45-12:30 Beats Ride CS * <i>Seana Nicol</i>	12:30-1:20 Rhythmic Sculpt MS * <i>Mandy Limbach</i>	10:30-11:15 True Barre YS * <i>Tammy Chang</i>	11:00-11:50 Best Stretch Ever MS * <i>Debbie Gleeson</i>	10:45-11:30 Beats Ride CS * <i>Sasha Wootton</i>
11:45-12:30 Beats Ride CS * <i>Seana Nicol</i>	12:35-1:20 Best Butt Ever MS * <i>Mason Denham</i>	12:15-1:00 Body Sculpt MS * <i>Carolyn Roney</i>	12:30-1:15 Pilates Fusion YS * <i>Stephanie Chan</i>	12:15-1:15 Vinyasa Yoga YS * <i>Darren Main</i>	11:15-12:30 Vinyasa Yoga YS * <i>Monica DiLullo</i>	11:00-11:45 MetCon3 MS * <i>Emma Simões</i>
12:15-1:00 Best Butt Ever MS * <i>Fady Asaad</i>		12:30-1:30 Vinyasa Yoga YS * <i>Schuylar Ingle</i>		12:30-1:20 Athletic Conditioning MS * <i>Chris Turner</i>	12:15-1:00 Cardio Dance: Skybeat MS * <i>Skyler Rodgers</i>	11:30-12:20 Sculpted Yoga™ (Heated) YS * <i>Jennifer Miller</i>
12:30-1:30 Vinyasa Yoga YS * <i>Schuylar Ingle</i>	3:45-4:30 True Barre YS * <i>Stephanie Chan</i>	4:00-4:45 Pilates Fusion YS * <i>Mandy Limbach</i>	4:15-5:00 Kettlebell Power MS * <i>Chris Turner</i>	2:00-2:45 Body Sculpt MS * <i>Nia Basel</i>	1:00-1:45 True Barre: Bala Bangle MS * <i>Mandy Limbach</i>	1:00-2:00 Vinyasa Yoga YS * <i>Rose of Sharon Stoneall</i>
4:00-5:00 Vinyasa Yoga YS * <i>Rose of Sharon Stoneall</i>	5:00-5:30 Precision Run 30 Vanessa Vasquez	4:15-5:00 Core6 MS * <i>Debbie Gleeson</i>	5:00-5:30 Precision Run 30 Eli Portales	2:45-3:45 Sculpted Yoga™ YS * <i>AnneSophie Mills</i>	2:15-3:15 Vinyasa Yoga YS * <i>Chris Tilley</i>	3:00-4:00 Sonic Meditation YS * <i>Kimberly Pena</i>
4:15-5:00 TRX Max Circuit MS * <i>Nia Basel</i>	5:00-5:50 Pilates Rise (L2) YS * <i>Mandy Limbach</i>	5:30-6:15 Stacked MS * <i>Mason Denham</i>	5:00-5:50 Pilates at the Barre MS * <i>Stephanie Chan</i>	4:00-4:45 Best Stretch Ever MS * <i>AnneSophie Mills</i>	3:30-4:30 Restorative Yoga YS * <i>Chris Tilley</i>	
5:30-6:15 Beats Ride CS * <i>Nia Basel</i>	5:40-6:30 Stronger Vanessa Vasquez	5:30-6:30 Power Vinyasa AnneSophie Mills	5:30-6:15 True Barre: Cardio MS * <i>Nia Basel</i>	4:00-4:45 Pilates Mat MS * <i>Mandy Limbach</i>		
5:30-6:15 Ropes and Rowers MS * <i>Chris Turner</i>	6:15-7:15 Vinyasa Yoga (L2) YS * <i>Schuylar Ingle</i>	6:30-7:20 Cardio Dance: Skybeat Skyler Rodgers	6:15-7:30 Vinyasa Yoga YS * <i>Jennifer Miller</i>	4:15-5:05 Precision Ride CS * <i>Chris Turner</i>		
5:30-6:15 Pilates Mat YS * <i>Debbie Gleeson</i>	6:30-7:15 Beats Ride CS * <i>Sasha Wootton</i>	6:45-7:30 Yin Yoga + Sound Meditation	6:30-7:15 Beats Ride MS * <i>Nia Basel</i>	5:15-6:05 Limited Series: Stronger Women MS * <i>Vanessa Vasquez</i>		
6:30-7:20 Rhythmic Sculpt MS * <i>Precious Moreno</i>	6:45-7:30 Rhythmic Sculpt MS * <i>Mandy Limbach</i>	YS * <i>AnneSophie Mills</i>	6:45-7:30 Core6 MS * <i>Kevin Wong</i>	5:30-6:30 Power Vinyasa (Heated) YS * <i>Rose of Sharon Stoneall</i>		
6:45-7:45 Restorative Yoga YS * <i>Anna Davies</i>	7:30-8:15 Barefoot Sculpt YS * <i>Vanessa Vasquez</i>					

EQUINOX

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MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

deborah.gleeson@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

◆ Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

Beats Ride 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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

◆ Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations. **Precision Run 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

◆ Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

Power Vinyasa 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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

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.

Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

◆ HIIT

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

MetCon Monday Mondays are for MetCon, so start your week strong! 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.

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.

Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. An Equinox exclusive.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

◆ Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

True Barre: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

True Barre: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

◆ 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.

Pilates Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

◆ Dance

Cardio Dance: Skybeat Created by Skylar Rodgers, this easy-to-follow dance-based class includes basic plyometrics, aerobic sequencing, and various dance styles. Improve Cardiovascular fitness and have fun.

◆ Boxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

◆ Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

◆ Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

◆ Strength

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

Stronger Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.