

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:30-7:15 CS *	Beats Ride <i>Grace Lee</i>	7:00-7:50 PA *	Swim: Basics <i>Kate Wiles</i>	6:30-7:15 CS *	Beats Ride <i>Ashley Chin</i>	7:00-7:45 PA *	Swim: Basics <i>Kate Grossman</i>	7:15-8:00 MS *	True Barre: Bala Bangle <i>Jessica Rae</i>
7:15-8:00 YS *	Pilates Mat <i>Vanessa Wilkins</i>	7:15-8:00 MS *	MetCon3 <i>Addie Norman</i>	7:15-8:00 MS *	Limited Series: Stronger Women <i>NinaAnn Phan</i>	7:15-8:00 MS *	Stacked <i>Rich Morris</i>	7:30-8:30 YS *	Vinyasa Yoga (Heated) <i>Warren Lange</i>
12:00-12:45 YS *	True Barre: Bala Bangle <i>Jordanna Dworkin</i>	7:15-8:00 YS *	True Barre: Off the Barre <i>Jessica Rae</i>	7:15-8:00 YS *	Vinyasa Yoga (Heated) <i>Steph Vu</i>	7:15-8:00 YS *	Pilates Fusion <i>Annalisa Brown</i>	12:15-1:05 YS *	Pilates Rise <i>Kate Wiles</i>
12:15-1:00 MS *	MetCon Monday <i>Rich Morris</i>	12:15-1:00 MS *	Stacked <i>Lauren Settembrino</i>	12:00-12:45 YS *	Pilates Mat <i>Jordanna Dworkin</i>	12:15-1:00 MS *	Limited Series: Stronger Women <i>Lauren Settembrino</i>	4:00-5:00 YS *	Sculpted Yoga™ <i>Steph Vu</i>
3:30-4:30 YS *	Sculpted Yoga™ <i>Carolyn Roney</i>	12:15-1:15 YS *	Sculpted Yoga™ <i>Kate Wiles</i>	12:45-1:15 TR *	Precision Walk: Elevate 30 <i>Steph Vu</i>	12:30-1:15 YS *	Vinyasa Yoga (Heated) <i>Steph Vu</i>	4:30-5:00 CS *	Beats Ride 30 <i>Trevor Yip</i>
4:00-4:45 MS *	Stronger <i>Garrett Kale</i>	4:00-5:00 YS *	Vinyasa Yoga (Heated) <i>Kiley Holliday</i>	4:00-4:30 YS *	Pilates Fusion <i>Jai Mac Neil</i>	4:00-5:00 YS *	Vinyasa Yoga (Heated) <i>Warren Lange</i>	5:15-6:15 YS *	Vinyasa Yoga (Heated) <i>Rachel Soon</i>
4:45-5:30 YS *	Pilates Rise (Heated) <i>Precious Moreno</i>	4:15-5:00 MS *	True Barre: Bala Bangle <i>Richel Kumar</i>	4:15-5:00 MS *	MetCon3 <i>NinaAnn Phan</i>	4:15-5:00 MS *	Body Sculpt <i>Edgardo Villanueva</i>		
5:15-6:00 MS *	Body Sculpt <i>Carolyn Roney</i>	5:15-6:00 MS *	Best Butt Ever <i>Jaiden De Anda</i>	4:45-5:30 YS *	True Barre: Off the Barre <i>Jai Mac Neil</i>	5:15-6:00 MS *	MetCon3 <i>Jaiden De Anda</i>		
5:30-6:15 CS *	Anthem Ride <i>Jai Mac Neil</i>	5:15-6:05 YS *	Pilates Rise (Heated) <i>Sarah Emmons</i>	5:15-6:00 MS *	Studio Dance: Latin Rhythms <i>Annalisa Brown</i>	5:15-6:05 YS *	Pilates Rise (Heated) <i>Kate Wiles</i>		
5:45-6:45 YS *	Vinyasa Yoga <i>Ryan Gerard</i>	5:30-6:15 TR *	Precision Run + Strength <i>Kristen Klehr</i>	5:30-6:20 CS *	Precision Ride <i>NinaAnn Phan</i>	6:15-7:00 MS *	Best Butt Ever <i>Precious Moreno</i>		
6:15-7:00 MS *	MetCon Monday <i>Mark Protacio</i>	5:45-6:30 CS *	Beats Ride <i>Danielle Joseph</i>	5:45-6:45 YS *	Vinyasa Yoga (Heated) <i>Ashley Hayes</i>	6:15-7:15 YS *	Slow Flow Yoga (Heated) <i>Kiley Holliday</i>		
7:00-7:45 YS *	Sound Meditation <i>Erica Nguyen</i>	6:00-6:15 MS *	Best Abs Ever <i>Jaiden De Anda</i>	6:15-7:00 MS *	Stronger <i>Lauren Settembrino</i>	7:00-7:15 MS *	Best Abs Ever <i>Precious Moreno</i>		
7:15-8:00 MS *	Cardio Boxing <i>Rich Morris</i>	6:15-7:00 YS *	Athletic Stretch (Heated) <i>Steph Vu</i>	7:00-7:45 YS *	Yin Yoga <i>Steven Rogers</i>				
		6:30-7:15 MS *	Rounds: Boxing <i>Eric Guerra</i>	7:15-7:45 MS *	Best Abs Ever <i>Willy Kellogg</i>				
		7:15-8:00 YS *	Power Vinyasa <i>Mary Hayano</i>						

EQUINOX

PINE STREET

301 Pine Street

SAN FRANCISCO CA 94105

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

GROUP FITNESS MANAGER

ninaann.phan@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PA Pool 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 Walk: Elevate 30 Exclusively at Brickell in Miami, FL. A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.



Yoga

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.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.



Hiit

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.

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.



Barre

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: Off the Barre This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. 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.



Dance

Studio Dance: Latin Rhythms A choreography-driven dance class using the Latin dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.



Boxing

Cardio Boxing Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

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.



Swim

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.



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.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.



Sculpt

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.



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.