

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon Monday <i>Tess Robinson</i>	6:00-6:45 MS * TRX Max <i>Kevin Defro</i>	6:00-6:50 MS * Whipped! <i>Angela Schroeder</i>	6:00-6:45 MS * Stronger <i>Joey Rubino</i>	6:00-6:50 MS * Circuit Training <i>Angela Schroeder</i>	8:00-8:45 MS * Athletic Conditioning <i>Tess Robinson</i>	8:00-9:00 YS * Vinyasa Yoga (Heated) <i>Nitika Bhatia</i>
7:30-8:15 YS * True Barre: Off the Barre <i>Erica Waxer</i>	7:15-8:05 TR * Precision Run® <i>Kevin Defro</i>	7:30-8:15 MS * Stacked <i>Blake Saksa</i>	7:15-8:05 TR * Precision Run + Strength <i>Joey Rubino</i>	7:30-8:00 MS * Quick HIIT <i>Blake Saksa</i>	8:45-10:00 YS * Vinyasa Yoga <i>Barry Au-Yeung</i>	8:30-9:00 MS * Quick HIIT <i>Kevin Defro</i>
9:15-10:00 MS * Stacked <i>Krishil Ranjit</i>	7:30-8:15 YS * Pilates Fusion <i>Kiersten Jakobsen</i>	8:30-9:30 YS * Vinyasa Yoga <i>Shaija Ali</i>	7:30-8:15 YS * Pilates Fusion <i>Kiersten Jakobsen</i>	8:00-8:15 MS * Upper Body Pump <i>Blake Saksa</i>	9:00-9:45 MS * The Cut <i>Alyssa Jacobson</i>	9:00-9:45 CS * Beats Ride <i>Vivian Wang</i>
9:30-10:30 CS * Endurance Ride 60 <i>Alex Gould</i>	8:30-9:30 YS * Vinyasa Yoga <i>Mandy Ansari</i>	9:15-10:00 MS * Body Sculpt <i>Blake Saksa</i>	8:30-9:30 YS * Slow Flow Yoga <i>Zsofia Campion</i>	8:15-8:30 MS * Best Abs Ever <i>Blake Saksa</i>	9:00-9:50 OS * Precision Run Club (Outdoor) <i>Tess Robinson</i>	9:00-9:15 MS * Upper Body Pump <i>Kevin Defro</i>
10:30-11:15 MS * Body Sculpt <i>Marianne Jacobi</i>	9:30-10:15 MS * MetCon3 <i>Krishil Ranjit</i>	9:30-10:15 CS * Beats Ride <i>Krishil Ranjit</i>	9:30-10:15 MS * MetCon3 <i>Luis Ortiz Munoz</i>	9:30-10:15 CS * Beats Ride <i>Blake Saksa</i>	9:30-10:15 CS * Anthem Ride <i>Krishil Ranjit</i>	9:15-9:30 MS * Best Abs Ever <i>Kevin Defro</i>
10:45-11:30 YS * Pilates Fusion <i>Stephanie Herman</i>	9:45-10:45 YS * Sculpted Yoga™ <i>Mandy Ansari</i>	10:30-11:15 MS * Core6 <i>Zsofia Campion</i>	9:45-10:30 YS * Pilates Mat <i>Monique Schareck</i>	9:30-10:20 YS * Pilates Rise <i>Mandy Ansari</i>	10:00-10:45 MS * Stronger <i>Alyssa Jacobson</i>	9:45-10:45 MS * TRX Max <i>Laura Schuster</i>
12:00-12:45 MS * MetCon Monday <i>Krishil Ranjit</i>	11:00-11:45 MS * Cardio Dance <i>Anelisse Peterson</i>	10:45-11:30 YS * Pilates Mat (Heated) <i>Monique Schareck</i>	10:45-11:30 MS * Cardio Dance: Danceation™ <i>Soo Kim</i>	10:30-11:15 MS * Stronger <i>Heath Hunter</i>	10:30-11:15 YS * Pilates Fusion <i>Monique Schareck</i>	10:00-10:45 YS * Pilates Fusion (Heated) <i>Jade Xiao</i>
4:00-5:00 YS * Vinyasa Yoga <i>Zsofia Campion</i>	12:15-1:00 MS * Cardio Sculpt <i>Marianne Jacobi</i>	11:45-12:45 YS * Barefoot Sculpt <i>Wendy Chan</i>	12:15-1:00 MS * Stronger <i>Blake Saksa</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Mandy Ansari</i>	11:15-12:05 MS * Whipped! <i>Alyssa Jacobson</i>	10:15-11:05 TR * Precision Run + Strength <i>Kevin Defro</i>
4:30-5:15 MS * Best Butt Ever <i>Heath Hunter</i>	4:15-5:00 MS * Core6 <i>Krishil Ranjit</i>	4:00-5:00 YS * Power Vinyasa <i>Barry Au-Yeung</i>	4:15-5:00 MS * Best Butt Ever <i>Krishil Ranjit</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mandy Ansari</i>	11:30-12:30 YS * Vinyasa Yoga <i>Carlos Martinez</i>	12:00-12:45 YS * Barefoot Sculpt <i>Wendy Chan</i>
5:15-6:00 YS * Barefoot Sculpt <i>Connie Lu</i>	4:30-5:15 YS * Pilates Fusion <i>Stephanie Herman</i>	4:30-5:15 MS * Stacked <i>Luis Ortiz Munoz</i>	4:30-5:15 YS * Pilates Mat <i>Brenda Mannion</i>	4:15-5:00 MS * The Cut <i>Edgardo Villanueva</i>	12:15-1:00 MS * Cardio Dance: Danceation™ <i>Heath Hunter</i>	12:15-1:00 MS * Cardio Dance: Zumba® <i>Yuliya Shingareva</i>
5:30-6:15 MS * Cardio Dance: Danceation™ <i>Heath Hunter</i>	5:15-6:00 MS * Stronger <i>Blake Saksa</i>	5:15-6:00 YS * Barefoot Sculpt <i>Jena Daniels</i>	5:30-6:15 MS * Athletic Conditioning <i>Brenda Mannion</i>	4:30-5:15 YS * Pilates Fusion <i>Jade Xiao</i>	12:45-1:30 YS * True Barre: Off the Barre <i>Nicole Maddox</i>	3:15-4:15 YS * Power Vinyasa (Heated) <i>Brent Kirk</i>
5:45-6:30 CS * Anthem Ride <i>Alex Gould</i>	5:30-6:30 YS * Power Vinyasa <i>Barry Au-Yeung</i>	5:30-6:15 MS * Cardio Dance <i>Mia Hathaway</i>	5:30-6:15 MS * Athletic Conditioning <i>Brenda Mannion</i>	5:15-6:00 CS * Anthem Ride <i>Rachele Pojednic</i>		
6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Carlos Martinez</i>	6:00-6:15 MS * Best Abs Ever <i>Blake Saksa</i>	5:45-6:30 CS * Beats Ride <i>Luis Ortiz Munoz</i>	5:30-6:30 YS * Power Vinyasa <i>Zina Aljanabi</i>	5:15-6:00 MS * Best Butt Ever <i>Tess Robinson</i>		4:30-5:30 YS * Weekend Wind Down Yoga (Heated) <i>Brent Kirk</i>
6:30-7:15 MS * Athletic Conditioning <i>Jena Daniels</i>	6:30-7:15 MS * Cardio Dance: Danceation™ <i>Soo Kim</i>	6:30-7:15 MS * Best Butt Ever <i>Jena Daniels</i>	6:00-6:45 CS * Beats Ride <i>Luis Ortiz Munoz</i>	6:15-7:30 YS * Vinyasa Yoga <i>Barry Au-Yeung</i>		
7:30-8:30 YS * Barefoot Sculpt (Heated) <i>Jena Daniels</i>	7:00-7:45 YS * Pilates Mat <i>Brenda Mannion</i>	6:30-7:30 YS * Vinyasa Yoga <i>Barry Au-Yeung</i>	6:30-7:15 MS * Cardio Dance <i>Mia Hathaway</i>			
	7:30-8:15 MS * The Cut <i>Edgardo Villanueva</i>	7:15-7:30 MS * Best Abs Ever <i>Jena Daniels</i>	7:30-8:15 YS * Pilates Rise <i>Heath Hunter</i>			
		7:45-8:45 YS * Yin Yoga + Sound Meditation <i>Connie Lu</i>				

EQUINOX

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440 Portage Avenue
PALO ALTO CA 94306
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MON-THU 05:00 AM 10:00 PM

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SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

krishil.ranjit@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

OS Outdoor Studio

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.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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 Club Join the Equinox running community with outdoor run adventures that incorporates running to famous landmarks (approximately 3 miles) + outdoor conditioning. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

Precision Run@ An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, 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.

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.

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 A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

Barre

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

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Cardio Dance: 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.

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Boxing

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. 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.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

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.

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.