

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30 MS * Quick HIIT <i>Tess Robinson</i>	6:00-6:45 MS * MetCon3 <i>Kevin Defro</i>	6:00-6:45 MS * Whipped! <i>Angela Schroeder</i>	6:00-6:45 MS * Stronger <i>Joey Rubino</i>	6:00-6:45 MS * Cardio Sculpt <i>Angela Schroeder</i>	8:00-8:45 MS * Athletic Conditioning <i>Tess Robinson</i>	8:30-9:00 MS * Quick HIIT <i>Kevin Defro</i>
6:30-6:45 MS * Upper Body Pump <i>Tess Robinson</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 MS * 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>	8:30-9:30 YS * Vinyasa Yoga (Heated) <i>Nitika Bhatia</i>
6:45-7:00 MS * Best Abs Ever <i>Tess Robinson</i>	7:30-8:15 YS * Pilates Fusion <i>Kiersten Jakobsen</i>	7:45-8:45 YS * Vinyasa Yoga (Heated) <i>Connie Lu</i>	TR * 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>
7:45-8:45 YS * Vinyasa Yoga (Heated) <i>Connie Lu</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 (Heated) <i>Zsofia Campion</i>	8:15-8:30 MS * Best Abs Ever <i>Blake Saksa</i>	9:30-10:15 CS * Anthem Ride <i>Rachele Pojednic</i>	9:00-9:15 MS * Upper Body Pump <i>Kevin Defro</i>
9:15-10:00 MS * Stacked <i>Krishil Ranjit</i>	9:30-10:15 MS * Cardio Sculpt <i>Elisha Caunday</i>	9:30-10:15 CS * Beats Ride <i>Luis Ortiz Munoz</i>	9:30-10:15 MS * MetCon3 <i>Luis Ortiz Munoz</i>	9:15-10:00 MS * Best Butt Ever <i>Tess Robinson</i>	10:00-10:45 MS * Stronger <i>Alyssa Jacobson</i>	9:15-9:30 MS * Best Abs Ever <i>Kevin Defro</i>
9:30-10:30 CS * Beats Ride 60 <i>Alex Gould</i>	9:45-10:45 YS * Sculpted Yoga™ <i>Mandy Ansari</i>	10:30-11:15 MS * Cardio Dance <i>Nitika Bhatia</i>	9:45-10:30 YS * Pilates Mat <i>Monique Schareck</i>	9:30-10:15 CS * Beats Ride <i>Blake Saksa</i>	10:30-11:15 YS * Pilates Fusion <i>Monique Schareck</i>	9:45-10:35 MS * TRX Max <i>Laura Schuster</i>
10:30-11:15 MS * Body Sculpt <i>Marianne Jacobi</i>	10:45-11:30 MS * Cardio Dance: Zumba® <i>Izzy Cervantes</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>	9:30-10:20 YS * Pilates Rise <i>Mandy Ansari</i>		10:00-10:45 YS * Pilates Fusion (Heated) <i>Jade Xiao</i>
10:45-11:30 YS * True Barre: Off the Barre <i>Zsofia Campion</i>	12:15-1:00 MS * Body Sculpt <i>Marianne Jacobi</i>	12:00-12:45 YS * Barefoot Sculpt <i>Wendy Chan</i>	12:45-1:30 MS * Cardio Dance: Danceation™ <i>Soo Kim</i>	10:15-11:00 MS * MetCon3 <i>Tess Robinson</i>	11:15-12:05 MS * Whipped! <i>Alyssa Jacobson</i>	10:15-11:05 TR * Precision Run + Strength <i>Kevin Defro</i>
12:00-12:45 MS * MetCon Monday <i>Krishil Ranjit</i>	4:15-5:00 MS * Athletic Conditioning <i>Blake Saksa</i>	12:45-1:00 YS * Best Abs Ever <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>	12:15-1:00 MS * Cardio Dance: Danceation™ <i>Heath Hunter Soo Kim</i>	12:00-12:45 YS * Barefoot Sculpt <i>Wendy Chan</i>
4:00-5:00 YS * Vinyasa Yoga <i>Zsofia Campion</i>	4:30-5:15 YS * Pilates Fusion <i>Stephanie Herman</i>	4:00-5:00 YS * Hatha Yoga <i>Barry Au-Yeung</i>	4:15-5:00 MS * Best Butt Ever <i>Team Equinox</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mandy Ansari</i>	12:45-1:30 YS * True Barre: Off the Barre <i>Nicole Maddox</i>	12:15-1:00 MS * Cardio Dance: Zumba® <i>Yuliya Shingareva</i>
4:30-5:15 MS * Best Butt Ever <i>Heath Hunter</i>	5:15-6:00 MS * Stronger <i>Blake Saksa</i>	4:30-5:15 MS * Stacked <i>Krishil Ranjit</i>	4:30-5:15 YS * Pilates Mat <i>Brenda Mannion</i>	4:15-5:00 MS * MetCon3 <i>Luis Ortiz Munoz</i>		3:15-4:15 YS * Power Vinyasa (Heated) <i>Krishil Ranjit</i>
5:15-6:00 YS * True Barre: Bala Bangle <i>Zsofia Campion</i>	5:45-6:45 YS * Power Vinyasa <i>Barry Au-Yeung</i>	5:15-6:00 YS * Barefoot Sculpt <i>Jena Daniels</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Brenda Mannion</i>	4:30-5:15 YS * Pilates Fusion <i>Jade Xiao</i>	4:15-5:15 YS * Yin Yoga (Heated) <i>Bryoni Lawrence</i>	
5:30-6:15 MS * Cardio Dance: Danceation™ <i>Heath Hunter</i>	6:00-6:15 MS * Best Abs Ever <i>Blake Saksa</i>	5:30-6:15 MS * Cardio Dance: Zumba® <i>Izzy Cervantes</i>	5:45-6:30 CS * Beats Ride <i>Luis Ortiz Munoz</i>	5:15-6:00 CS * Beats Ride <i>Luis Ortiz Munoz</i>		4:30-5:30 YS * Weekend Wind Down Yoga <i>Krishil Ranjit</i>
5:45-6:30 CS * Anthem Ride <i>Alex Gould</i>	6:30-7:15 MS * Cardio Dance: Danceation™ <i>Soo Kim</i>	5:45-6:30 CS * Beats Ride <i>Luis Ortiz Munoz</i>	5:45-6:45 YS * Power Vinyasa <i>Zina Aljanabi</i>	5:30-6:15 MS * Best Butt Ever <i>Tess Robinson</i>		
6:15-7:15 YS * Vinyasa Yoga <i>Carlos Martinez</i>	7:00-7:45 YS * Off the Barre <i>Nicole Maddox</i>	6:15-7:30 YS * Vinyasa Yoga <i>Barry Au-Yeung</i>	6:30-7:15 MS * Cardio Dance: Zumba® <i>Izzy Cervantes</i>	6:15-6:30 MS * Best Abs Ever <i>Tess Robinson</i>		
6:30-7:15 MS * Athletic Conditioning <i>Jena Daniels</i>		6:30-7:15 MS * Best Butt Ever <i>Jena Daniels</i>	7:00-7:50 YS * Pilates Rise <i>Heath Hunter</i>	6:15-7:30 YS * Vinyasa Yoga <i>Barry Au-Yeung</i>		
7:45-8:30 YS * Barefoot Sculpt (Heated) <i>Jena Daniels</i>		7:15-7:30 MS * Best Abs Ever <i>Jena Daniels</i>				
		7:45-8:45 YS * Slow Flow Yoga <i>Krishil Ranjit</i>				

EQUINOX

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

desiree.stemberga@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.

Beats Ride 60 An extended rhythmic cycling class so you can ride those extra miles to 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.



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® 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

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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



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.

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

Off the Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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

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.

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.

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.