

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:30 MS * Upper Body Pump <i>Lauren Settembrino</i>	7:00-7:45 MS * Stronger <i>Sally French</i>	7:00-7:30 MS * Quick HIT <i>Lauren Settembrino</i>	7:00-7:45 MS * MetCon3 <i>Jomar Tagatac</i>	7:00-7:30 MS * Best Butt Ever <i>Precious Moreno</i>	9:00-9:50 PD * Swim: Skills + Drills <i>Kate Wiles</i>	9:00-9:50 PD * Swim: Basics <i>Sarah Larson</i>
7:30-8:00 MS * Best Abs Ever <i>Lauren Settembrino</i>	7:00-8:00 YS * Power Vinyasa <i>Alessandro Lou</i>	7:30-8:00 MS * Best Abs Ever <i>Lauren Settembrino</i>	7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Warren Lange</i>	7:30-8:00 MS * Best Abs Ever <i>Precious Moreno</i>	9:15-10:00 MS * MetCon3 <i>Addie Norman</i>	9:30-10:15 MS * Stacked <i>Jomar Tagatac</i>
9:30-10:15 MS * Stronger <i>Jomar Tagatac</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Matthew Modleski</i>	9:30-10:15 MS * MetCon3 <i>Kate Wiles</i>	9:00-9:45 BA * True Barre: Bala Bangle <i>Stephanie Lo</i>	9:30-10:20 BA * Pilates at the Barre <i>Kate Wiles</i>	9:45-10:45 YS * Vinyasa Yoga (Heated) <i>Cecily Guest</i>	9:30-10:30 Y2 * Sculpted Yoga™ (Heated) <i>Melinda Soldan</i>
10:30-11:15 MS * Cardio Dance <i>Anna Bolender</i>	10:00-10:50 BA * Pilates Mat <i>Jordanna Dworkin</i>	9:30-10:30 YS * Vinyasa Yoga <i>Tom Johnson</i>	10:00-10:45 BA * Pilates Mat <i>Jordanna Dworkin</i>	10:30-11:15 MS * Cardio Dance <i>Natalie Padron</i>	10:15-11:05 CS * Precision Ride <i>Stephen Selnick</i>	10:30-11:30 YS * Vinyasa Yoga <i>Mary Hayano</i>
11:30-12:15 MS * Athletic Stretch <i>Edgardo Villanueva</i>	11:00-11:45 BA * True Barre: Bala Bangle <i>Jordanna Dworkin</i>	10:30-11:15 MS * Cardio Dance: Zumba® <i>Annalisa Brown</i>	11:00-11:45 MS * Best Stretch Ever <i>Jordanna Dworkin</i>	12:00-1:00 YS * Hatha Yoga (Heated) <i>Rachel Soon</i>	10:30-11:15 BA * Pilates Rise <i>Kate Wiles</i>	10:45-11:30 CS * Beats Ride <i>Willy Kellogg</i>
12:20-1:05 BA * Pilates at the Barre <i>Lily Klausner</i>	12:00-12:45 MS * TRX Max <i>Cynthia Dawson</i>	11:30-12:15 MS * Athletic Stretch <i>Edgardo Villanueva</i>	12:00-12:45 MS * Stronger <i>Stephen Selnick</i>	4:30-5:30 YS * Slow Flow Yoga <i>Mary Hayano</i>	10:30-11:30 BR * Rounds: Boxing <i>Edgardo Villanueva</i>	10:45-11:15 MS * Cardio Dance <i>Anna Bolender</i>
4:30-5:15 MS * Tabata Max <i>Danielle Wang</i>	12:00-1:00 YS * Vinyasa Yoga <i>Cecily Guest</i>	12:20-1:10 BA * Pilates Rise <i>Kate Wiles</i>	12:00-1:00 YS * Vinyasa Yoga <i>Cecily Guest</i>	4:45-5:30 CS * Beats Ride <i>Willy Kellogg</i>	10:45-11:30 MS * Cardio Dance <i>Anna Bolender</i>	11:15-11:45 MS * Upper Body Pump <i>Mark Protacio</i>
5:00-5:45 YS * Yin Yoga (Heated) <i>Warren Lange</i>	4:15-5:00 BA * Pilates Fusion <i>Mary Hayano</i>	4:30-5:15 TR * Precision Walk: Elevate <i>Steph Vu</i>	4:15-5:15 YS * Vinyasa Yoga (Heated) <i>Kiley Holliday</i>	5:15-5:45 MS * Best Butt Ever <i>Mark Protacio</i>	11:30-12:15 BA * True Barre <i>Stephanie Lo</i>	11:45-12:30 BA * Pilates Mat <i>Mary Hayano</i>
5:30-6:15 BA * Pilates at the Barre <i>Marinna Kus</i>	5:15-6:00 MS * Best Butt Ever <i>Rich Morris</i>	5:30-6:15 BA * Pilates Mat <i>Precious Moreno</i>	5:15-6:00 MS * Athletic Conditioning <i>Danielle Wang</i>	5:30-6:30 BR * Rounds: Boxing <i>Rick Garcia</i>	11:45-12:30 MS * Stronger <i>Stephen Selnick</i>	12:00-1:00 MS * Rounds: Kickboxing <i>Edgardo Villanueva</i>
5:30-6:15 MS * Stacked <i>Stephen Selnick</i>	5:30-6:15 BA * True Barre: Bala Bangle <i>Kate Wiles</i>	5:30-6:15 MS * MetCon3 <i>Mark Protacio</i>	5:15-6:05 PD * Swim: Skills + Drills <i>Kate Grossman</i>	5:45-6:30 BA * Pilates Mat <i>Sarah Emmons</i>	12:15-1:15 YS * Vinyasa Yoga (Heated) <i>Steven Rogers</i>	12:30-1:30 YS * Hatha Yoga <i>Helen Mann</i>
6:00-7:00 YS * Vinyasa Yoga <i>Steph Vu</i>	5:30-6:15 TR * Precision Run® <i>Stephen Selnick</i>	5:30-6:15 MS * Athletic Stretch (Heated) <i>Steph Vu</i>	5:30-6:15 BA * Pilates at the Barre <i>Sarah Emmons</i>	5:45-6:15 MS * Upper Body Pump <i>Mark Protacio</i>	12:30-1:00 BA * Athletic Stretch <i>Stephanie Lo</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Taylor Chang</i>
6:15-7:00 TR * Precision Run® <i>Rich Velazquez</i>	5:45-7:00 YS * Power Vinyasa (L2) <i>Cecily Guest</i>	Y2 * 5:45-6:30 CS * Beats Ride <i>Stephen Selnick</i>	5:30-6:15 TR * Precision Run + Strength <i>Sarah Sung</i>		1:15-2:00 MS * Ropes and Rowers <i>Winnie Siu</i>	
6:30-7:15 BA * True Barre <i>Danielle Joseph</i>	6:00-7:00 BR * Rounds: Boxing <i>Rick Garcia</i>	6:00-7:00 YS * Vinyasa Yoga <i>Denelle Numis</i>	5:45-7:00 YS * Power Vinyasa (L2) <i>Cecily Guest</i>			
6:30-7:15 MS * Stronger <i>Garrett Kale</i>	6:00-6:15 MS * Best Abs Ever <i>Rich Morris</i>	6:30-7:15 MS * Stronger <i>Chris Turner</i>	6:15-7:00 CS * Anthem Ride <i>Ashley Chin</i>			
7:30-8:15 Y2 * Sound Meditation <i>Joseph Ilustrisimo</i>	6:15-7:00 CS * Beats Ride <i>Ben Compton</i>	7:30-8:30 Y2 * Yin Yoga <i>Helen Mann</i>	6:30-7:15 MS * Cardio Dance <i>Anna Bolender</i>			
	6:30-7:20 BA * Pilates Rise <i>Sarah Emmons</i>		7:15-8:00 Y2 * Sound Meditation <i>Joseph Ilustrisimo</i>			
	6:30-7:15 MS * Cardio Dance: Zumba® <i>Annalisa Brown</i>					

# EQUINOX

## SPORTS CLUB SAN FRANCISCO

747 Market Street

SAN FRANCISCO CA 94103

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

## GROUP FITNESS MANAGER

josh.vela@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

Y2 Yoga Studio 2

BA Barre Studio

TR Treadmill Area

BR Boxing Studio

PD Pool Deck

## 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®** 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.

**Precision Walk: Elevate** 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

**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.

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

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.



## 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.



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



## 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.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are 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.

**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.

**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.



## 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.