

EQUNOX

SPORTS CLUB SAN FRANCISCO

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:30 Upper Body Pump MS * Lauren Settembrino	7:00-7:45 Stronger MS * Sally French	6:45-7:30 Beats Ride CS * Matthew Modleski	7:00-7:45 MetCon3 MS * Jomar Tagatac	7:00-7:30 Best Butt Ever MS * Precious Moreno	9:00-9:50 Swim: Skills + Drills PD * Kate Wiles	9:00-9:50 Swim: Basics PD * Sarah Larson
7:30-8:00 Best Abs Ever MS * Lauren Settembrino	7:00-8:00 Power Vinyasa YS * Alessandro Lou	7:00-7:45 Rounds: Boxing BR * James Johnson	7:00-7:45 Vinyasa Yoga (Heated) YS * Warren Lange	7:00-7:45 Swim: Pro (L3) PD * Sarah Larson	9:15-10:00 MetCon3 MS * Adie Norman	9:30-10:30 Sculpted Yoga™ (Heated) Melinda Soldan
9:30-10:15 Stronger MS * Jomar Tagatac	10:00-10:50 Pilates Mat BA * Jordanna Dworkin	7:00-7:30 Quick HIIT MS * Lauren Settembrino	10:00-10:45 Pilates Mat BA * Jordanna Dworkin	7:30-8:00 Best Abs Ever MS * Precious Moreno	9:45-10:45 Vinyasa Yoga (Heated) YS * Cecily Guest	Y2 * Melinda Soldan
10:30-11:15 Cardio Dance MS * Anna Bolender	11:00-11:45 True Barre: Bala Bangle BA * Jordanna Dworkin	7:30-8:00 Best Abs Ever MS * Lauren Settembrino	11:00-11:45 Best Stretch Ever MS * Jordanna Dworkin	9:30-10:20 Pilates at the Barre BA * Kate Wiles	10:15-11:00 Pilates Rise BA * Kate Wiles	9:45-10:30 Stacked MS * Jomar Tagatac
11:30-12:15 Athletic Stretch MS * Edgardo Villanueva	12:00-12:45 TRX Max MS * Cynthia Dawson	9:30-10:15 MetCon3 MS * Kate Wiles	12:00-12:45 Stronger MS * Stephen Selnick	10:30-11:15 Cardio Dance MS * Natalie Padron	10:15-11:05 Precision Ride CS * Stephen Selnick	10:30-11:30 Vinyasa Yoga YS * Mary Hayano
12:20-1:05 Pilates at the Barre BA * Lily Klausner	12:00-1:00 Vinyasa Yoga YS * Cecily Guest	9:30-10:30 Vinyasa Yoga Tom Johnson	12:00-1:00 Vinyasa Yoga YS * Cecily Guest	12:00-1:00 Hatha Yoga (Heated) YS * Rachel Soon	10:30-11:30 Rounds: Boxing Edgardo Villanueva	10:45-11:30 Beats Ride Willy Kellogg
4:30-5:15 Core6 MS * Stephen Selnick	4:15-5:00 Pilates Fusion BA * Mary Hayano	11:30-12:15 Athletic Stretch Edgardo Villanueva	4:15-5:15 Vinyasa Yoga (Heated) YS * Kiley Holliday	4:30-5:30 Slow Flow Yoga YS * Mary Hayano	11:30-12:20 True Barre BA * Stephanie Lo	11:15-11:45 Upper Body Pump MS * Mark Protacio
5:00-5:45 Yin Yoga (Heated) YS * Warren Lange	5:30-6:20 Pilates at the Barre BA * Kate Wiles	12:20-1:10 Pilates Fusion Kate Wiles	5:15-6:05 Swim: Skills + Drills PD * Kate Grossman	4:45-5:30 Beats Ride Willy Kellogg	11:45-12:30 Pilates Fusion BA * Mary Hayano	
5:30-6:15 Pilates Mat BA * Megan Yamashita	5:30-6:15 Best Butt Ever Rich Morris	12:30-1:15 Rounds: Kickboxing Edgardo Villanueva	5:30-6:15 Pilates at the Barre BA * Sarah Emmons	5:15-5:45 Best Butt Ever MS * Mark Protacio	12:00-12:45 Stronger Stephen Selnick	12:00-12:45 Core6 Willy Kellogg
5:30-6:15 MetCon Monday MS * Danielle Wang	5:30-6:15 Precision Run + Strength Sarah Sung	5:30-6:15 MS *	5:30-6:15 Core6 Edgardo Villanueva	5:30-6:30 Rounds: Boxing BR * Rick Garcia	12:15-1:15 Vinyasa Yoga (Heated) YS * Steven Rogers	12:30-1:30 Hatha Yoga Helen Mann
5:45-6:30 Beats Ride CS * Enrique Rangel	5:45-7:00 Power Vinyasa (L2) Cecily Guest	4:30-5:15 Precision Walk: Elevate Steph Vu	5:30-6:15 Precision Run® Rich Velazquez	5:45-6:30 Pilates Mat BA * Sarah Emmons	12:35-1:05 Athletic Stretch BA * Stephanie Lo	
6:00-7:00 Vinyasa Yoga YS * Steph Vu	6:00-7:00 Rounds: Boxing BR * Rick Garcia	5:30-6:15 Pilates Mat Precious Moreno	5:45-7:00 Power Vinyasa (L2) Cecily Guest	5:45-6:15 Upper Body Pump MS * Mark Protacio	1:15-2:00 Ropes and Rowers Winnie Siu	4:00-5:00 Weekend Wind Down Yoga YS * Taylor Chang
6:15-7:00 Precision Run® TR * Rich Velazquez	6:15-7:00 Beats Ride CS * Ben Compton	5:30-6:15 Stronger Mark Protacio	6:15-7:00 Anthem Ride CS * Ashley Chin			
6:30-7:15 True Barre BA * Danielle Joseph	6:30-7:20 Barefoot Sculpt BA * Sarah Emmons	5:30-6:15 Athletic Stretch (Heated) Steph Vu	6:30-7:15 Cardio Dance MS * Anna Bolender			
6:30-7:15 Stronger MS * Garrett Kale	6:30-7:15 Cardio Dance: Zumba® MS * Annalisa Brown	Y2 *	7:15-8:00 Sound Meditation Joseph Illustrisimo			
7:30-8:15 Sound Meditation Y2 * Joseph Illustrisimo		5:45-6:30 Beats Ride CS * Stephen Selnick	6:00-7:00 Vinyasa Yoga Deneille Numis			
		6:00-7:00 Vinyasa Yoga Deneille Numis	6:30-7:20 True Barre: Bala Bangle BA * Stephanie Lo			
		6:30-7:15 Ropes and Rowers Chris Turner	7:30-8:30 Yin Yoga Y2 * Helen Mann			

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

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

stephen.selnick@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

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.

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 Rows 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.

◆ 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: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. 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 soothng blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

◆ Sculpt

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

◆ 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.