

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| 7:15-8:00<br>MS*<br><b>Best Butt Ever</b><br><i>Annalisa Brown</i> | 7:15-8:00<br>MS*<br>Stronger<br><i>Matthew Modleski</i>        | 7:15-8:00<br>MS*<br>MetCon3<br><i>Rich Morris</i>                   | 7:15-8:00<br>MS*<br>Stronger<br><i>Joshua Vela</i>            | 7:30-8:15<br>MS*<br>Kettlebell Power<br><i>Chris Turner</i>            |
| 12:00-12:50<br>YS*<br>Vinyasa Yoga<br><i>Alessandro Lou</i>        | 7:15-8:00<br>YS*<br>Pilates Rise<br><i>Jordanna Dworkin</i>    | 7:15-8:00<br>YS*<br>Pilates Fusion<br><i>Gina Soberanis</i>         | 7:15-8:00<br>YS*<br>Pilates at the Barre<br><i>Kate Wiles</i> | 12:00-1:00<br>YS*<br>Vinyasa Yoga<br><i>Warren Lange</i>               |
| 12:15-1:00<br>RG*<br>The Rig: Circuit<br><i>Jai Mac Neil</i>       | 11:45-12:30<br>CS*<br>Beats Ride<br><i>Matthew Modleski</i>    | 12:00-12:50<br>YS*<br>Power Vinyasa<br><i>Kiley Holliday</i>        | 11:45-12:15<br>CS*<br>Beats Ride 30<br><i>Tess Monahan</i>    | 4:00-4:45<br>YS*<br>Pilates at the Barre<br><i>Kate Wiles</i>          |
| 4:00-4:45<br>MS*<br>MetCon Monday<br><i>Mark Protacio</i>          | 12:30-1:15<br>YS*<br>Pilates Fusion<br><i>Jordanna Dworkin</i> | 12:15-1:00<br>MS*<br>True Barre: Bala Bangle<br><i>Jai Mac Neil</i> | 12:30-1:15<br>YS*<br>Pilates Rise<br><i>Precious Moreno</i>   | 4:15-5:00<br>MS*<br>Rounds: Boxing<br><i>Eric Guerra</i>               |
| 4:00-4:45<br>YS*<br>Power Vinyasa<br><i>Haley Havelock</i>         | 4:00-4:45<br>YS*<br>Pilates at the Barre<br><i>Kate Wiles</i>  | 4:00-4:45<br>MS*<br>Rhythmic Sculpt<br><i>Kate Wiles</i>            | 4:00-4:45<br>YS*<br>Pilates Fusion<br><b>Joshua Vela</b>      | 5:00-6:00<br>YS*<br>Weekend Wind Down Yoga<br><i>Cecily Guest</i>      |
| 5:00-5:45<br>MS*<br>Best Butt Ever<br><i>Rich Morris</i>           | 4:15-5:00<br>MS*<br>Body Sculpt<br><i>Annalisa Brown</i>       | 4:00-4:45<br>YS*<br>Yin Yoga<br><i>Warren Lange</i>                 | 4:15-5:00<br>MS*<br>Stacked<br><i>Evan Chasan</i>             | 5:15-6:00<br>MS*<br>Athletic Conditioning<br><b>Lauren Settembrino</b> |
| 5:00-5:45<br>YS*<br>True Barre<br><i>Jessica Rae</i>               | 5:00-6:00<br>YS*<br>Vinyasa Yoga<br><i>Rachel Soon</i>         | 5:00-5:45<br>MS*<br>Core6<br><i>Lauren Settembrino</i>              | 5:00-6:00<br>YS*<br>Vinyasa Yoga<br><i>Usha Moss</i>          |  |
| 5:15-6:00<br>TR*<br>Precision Run®<br><i>Garrett Kale</i>          | 5:15-6:05<br>MS*<br>Stronger<br><i>Mark Protacio</i>           | 5:00-5:45<br>YS*<br>Pilates Fusion<br><i>Gina Soberanis</i>         | 5:15-6:00<br>MS*<br>MetCon3<br><b>Steph Vu</b>                |  |
| 5:45-6:30<br>CS*<br>Beats Ride<br><i>Elaine Wang</i>               | 5:30-6:15<br>CS*<br>Beats Ride<br><i>Kelsey Pfeffer</i>        | 5:15-6:05<br>TR*<br>Precision Run + Strength<br><i>Chris Turner</i> | 5:30-6:15<br>CS*<br>THEME RIDE:<br><i>Trevor Yip</i>          |  |
| 6:00-6:45<br>MS*<br>Studio Dance: Hip Hop<br><i>Jessica Rae</i>    | 6:15-7:00<br>MS*<br>Stacked<br><i>Sergio Antonio</i>           | 5:45-6:30<br>CS*<br>Beats Ride<br><i>Willy Kellogg</i>              | 6:15-7:00<br>MS*<br>Athletic Stretch<br><b>Steph Vu</b>       |  |
| 6:00-7:00<br>YS*<br>Vinyasa Yoga (L2)<br><i>Cecily Guest</i>       | 6:15-7:00<br>YS*<br>Pilates Fusion<br><i>Precious Moreno</i>   | 6:00-6:45<br>MS*<br>Cardio Dance<br><i>Natalie Padron</i>           | 6:15-7:00<br>YS*<br>True Barre<br><i>Annalisa Brown</i>       |  |
| 7:15-8:00<br>YS*<br>Pilates Fusion<br><i>Mary Hayano</i>           | 7:15-8:00<br>YS*<br>True Barre<br><i>Danielle Joseph</i>       | 6:00-6:50<br>YS*<br>Vinyasa Yoga<br><i>Mary Hayano</i>              |   |  |
|  | 7:30-8:15<br>MS*<br>Rounds: Kickboxing<br><i>Rick Garcia</i>   | 7:00-7:45<br>MS*<br>MetCon3<br><i>Steph Vu</i>                      |   |  |
|  |  | 7:00-7:45<br>YS*<br>Sonic Meditation<br><i>Mary Hayano</i>          |   |  |

# EQUINOX

## BEALE STREET

320 Mission 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

josh.vela@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**RG** The Rig

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



## Cycling

**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 30** Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

**THEME RIDE:** A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.



## 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

**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.

**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.

**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.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**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.

**The Rig: Circuit** A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.



## 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 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.

**Studio Dance: Hip Hop** A choreography-driven dance class using the latest street 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

**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.



## 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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.



## 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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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 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.