

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday Vanessa Vasquez	6:30-7:15 MS * Body Sculpt CJ	6:30-7:20 MS * Stronger Chris Turner	6:30-7:15 MS * Best Butt Ever Vanessa Vasquez	6:30-7:15 CS * Beats Ride Luci McNulty	8:00-8:30 TR * Precision Run 30 Chris Turner	8:30-9:15 MS * Tabata Max Vanessa Vasquez
7:15-8:15 YS * Vinyasa Yoga (HEATED) Julianne Volpe	7:15-8:00 CS * Beats Ride Mason Denham	7:15-8:00 YS * Sculpted Yoga™ Carolyn Roney	7:15-8:05 CS * Precision Ride Randy Myers	7:15-8:15 YS * Sculpted Yoga™ Jennifer Miller	8:30-9:15 YS * Pilates Fusion Mandy Limbach	8:30-9:20 YS * Trilogy Barre Mandy Limbach
8:15-9:00 MS * Stronger Tammy Chang	7:15-8:00 YS * True Barre Gia Kirkland	8:15-9:00 MS * MetCon3 Moses Omolade	7:15-8:00 YS * Pilates Mat (HEATED) Judy Rukat	8:30-9:15 MS * Rounds: Boxing Vanessa Vasquez	8:40-9:30 MS * Stronger Chris Turner	9:30-10:15 CS * Beats Ride Nia Basel
9:00-9:45 CS * Beats Ride Ysabel Lola	8:30-9:00 MS * Best Abs Ever Randy Myers	9:00-9:45 CS * Beats Ride Ben Compton	8:30-9:20 MS * Stronger Randy Myers	8:45-9:30 YS * Pilates Fusion Carolyn Roney	9:30-10:20 CS * Anthem Ride Debbie Gleeson	9:45-10:35 MS * Rhythmic Sculpt Mandy Limbach
9:20-10:05 YS * Pilates Fusion Jessica Trauner	8:45-9:35 YS * Pilates Rise (HEATED) (L2) Carolyn Roney	9:15-10:05 YS * Pilates Fusion (HEATED) (L2) Moses Omolade	8:45-9:45 YS * Vinyasa Yoga Carolyn Roney	9:00-9:45 CS * Beats Ride Lo	9:45-10:45 YS * Sculpted Yoga™ Rose of Sharon Stoneall	10:00-11:00 YS * Gentle Yoga Anna Davies
10:30-11:15 YS * Barre Tammy Chang	9:00-9:20 MS * Upper Body Pump Randy Myers	10:30-11:15 YS * Trilogy Barre Stephanie Chan	10:00-10:45 YS * Barefoot Sculpt Carolyn Roney	10:30-11:15 YS * Barre Debbie Gleeson	10:00-10:45 MS * Body Sculpt Vanessa Vasquez	11:00-11:45 MS * MetCon3 Nia Basel
12:15-1:00 MS * Athletic Conditioning Debbie Gleeson	10:00-10:50 YS * Trilogy Barre Jessica Trauner	12:15-1:00 MS * Body Sculpt Carolyn Roney	12:00-12:30 CS * Beats Ride 30 Chris Turner	12:15-1:15 YS * Vinyasa Yoga Julianne Volpe	11:00-11:50 MS * Best Stretch Ever Debbie Gleeson	11:30-12:20 YS * Pilates Fusion (L2) Moses Omolade
12:30-1:30 YS * Vinyasa Yoga Schuyler Ingle	12:00-12:30 CS * Beats Ride 30 Randy Myers	12:30-1:30 YS * Vinyasa Yoga Schuyler Ingle	12:30-1:15 YS * Pilates Fusion Stephanie Chan	12:30-1:20 MS * Athletic Conditioning Chris Turner	11:15-12:30 YS * Vinyasa Yoga (HEATED) Julianne Volpe	1:00-2:00 YS * Vinyasa Yoga Rose of Sharon Stoneall
3:30-4:30 YS * Vinyasa Yoga Rose of Sharon Stoneall	12:35-1:20 MS * Best Butt Ever Mason Denham	4:00-4:35 MS * Best Butt Ever Debbie Gleeson	12:35-1:20 MS * Best Butt Ever Chris Turner	2:30-3:15 MS * Best Butt Ever Precious Moreno	12:15-1:15 MS * Best Butt Ever Vanessa Vasquez	3:00-4:00 YS * Weekend Wind Down Yoga Kimberly Pena
4:00-4:45 MS * TRX Max Circuit Nia Basel	12:35-1:35 YS * Sculpted Yoga™ Jennifer Miller	4:15-5:00 YS * Pilates Fusion Mandy Limbach	3:45-4:35 YS * Pilates Rise Gia Kirkland	4:00-4:50 MS * Barre Beyond Mandy Limbach	1:00-1:45 YS * Bala Bangle Barre Burn Mandy Limbach	
5:00-5:45 YS * Pilates Mat Debbie Gleeson	3:45-4:30 YS * True Barre Stephanie Chan	4:35-4:50 MS * Upper Body Pump Debbie Gleeson	4:15-5:00 MS * Kettlebell Power Chris Turner	4:15-5:00 YS * Pilates Mat Debbie Gleeson	2:15-3:15 YS * Vinyasa Yoga Chris Tilley	
5:15-6:00 CS * Beats Ride Nia Basel	4:15-5:00 MS * Athletic Stretch Debbie Gleeson	5:15-6:00 CS * Beats Ride Ysabel Lola	4:45-5:15 TR * Precision Run 30 Anthony Finley	5:15-6:05 CS * Precision Ride Chris Turner	3:30-4:30 YS * Restorative Yoga Chris Tilley	
5:30-6:15 MS * MetCon3 Chris Turner	4:45-5:15 TR * Precision Run 30 Anthony Finley	5:30-6:15 MS * Stacked Mason Denham	5:00-5:45 YS * Trilogy Barre Stephanie Chan	5:15-6:00 MS * MetCon3 Fady Asaad		
6:15-7:15 YS * Restorative Yoga Anna Davies	5:00-5:50 YS * Pilates Rise (L2) Mandy Limbach	5:30-6:30 YS * Power Vinyasa Schuyler Ingle	5:30-6:20 CS * Precision Ride Chris Turner	5:30-6:30 MS * Power Vinyasa (HEATED) Rose of Sharon Stoneall		
6:30-7:15 CS * Beats Ride Lo	5:30-6:20 CS * Precision Ride Randy Myers	6:30-7:15 CS * THEME RIDE: UNCENSORED Mason Denham	5:30-6:20 MS * Stronger Anthony Finley			
6:30-7:15 MS * Body Sculpt Precious Moreno	5:30-6:20 MS * Stronger Vanessa Vasquez	6:30-7:20 MS * Barre Beyond Nia Basel	6:15-7:30 YS * Vinyasa Yoga Jennifer Miller			
	6:15-7:15 YS * Vinyasa Yoga (L2) Schuyler Ingle	6:45-7:30 YS * Sonic Meditation Schuyler Ingle	6:45-7:30 MS * The Cut CJ			
	6:45-7:35 MS * Athletic Conditioning Anthony Finley					
	7:30-8:15 YS * Barre Jessica Trauner					

# EQUINOX

## BERKELEY

2600 Shattuck Avenue

BERKELEY CA 94704

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 09:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 06:00 PM

## GROUP FITNESS MANAGER

deborah.gleeson@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 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.

**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.

**THEME RIDE: UNCENSORED** 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 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

## Yoga

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**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.

**Power Vinyasa (HEATED)** 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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

**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.

**Vinyasa Yoga (HEATED)** 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.

## Athletic Training

**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.

**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.

**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.

**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.

**TRX Max Circuit** A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge 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

**Bala Bangle Barre Burn** This off-the-barre 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.

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

**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.

## 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 Fusion (HEATED)** 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 Mat (HEATED)** 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 Rise (HEATED)** 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.

## Boxing and Kickboxing

**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.

**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.

## Stretch and Recovery

**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.

**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

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

**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.

**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, 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.

**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.