

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
8:30-9:15 MS* Stronger Tammy Chang	7:15-8:15 YS* Vinyasa Yoga Carolyn Roney	8:30-9:15 MS* MetCon3 Tammy Chang	8:30-9:20 MS* Stronger Randy Myers	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
9:15-10:00 YS* Pilates Fusion Jessica Trauner	8:30-9:00 MS* Best Abs Ever Randy Myers	9:15-10:05 YS* Pilates Fusion (HEATED) (L2) Moses Omolade	8:45-9:45 YS* Vinyasa Yoga Carolyn Roney	8:45-9:30 YS* Pilates Fusion Carolyn Roney	9:30-10:20 CS* Anthem Ride Debbie Gleeson	9:45-10:30 MS* Cardio Dance Mandy Limbach
9:30-10:15 CS* Beats Ride Ysabel Lola	8:45-9:35 YS* Pilates Rise (HEATED) (L2) Carolyn Roney	9:30-10:15 CS* Beats Ride Randy Myers	10:00-10:45 YS* Body Sculpt Carolyn Roney	9:30-10:15 CS* Beats Ride Lo	9:45-10:45 YS* Sculpted Yoga™ AnneSophie Mills	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	12:00-12:30 CS* Beats Ride 30 Chris Turner	10:30-11:15 YS* Barre Debbie Gleeson	10:00-10:45 MS* Athletic Conditioning Vanessa Vasquez	11:00-11:45 MS* MetCon3 Nia Basel
12:15-12:45 MS* Tabata Cardio 30 Debbie Gleeson	10:00-10:50 YS* Trilogy Barre Jessica Trauner	12:00-12:45 MS* Body Sculpt Carolyn Roney	12:30-1:15 YS* Pilates Fusion Stephanie Chan	12:15-1:15 YS* Vinyasa Yoga Reba Gray	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 Debbie Gleeson	12:30-1:30 YS* Vinyasa Yoga Schuyler Ingle	12:35-1:20 MS* Best Butt Ever Chris Turner	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
12:45-1:05 MS* Best Butt Ever Debbie Gleeson	12:35-1:20 MS* Best Butt Ever Mason Denham	4:00-4:35 MS* Best Butt Ever Debbie Gleeson	4:00-4:45 MS* Kettlebell Power Chris Turner	4:00-4:50 MS* Barre Beyond Mandy Limbach	12:15-1:05 MS* The Cut CJ	3:00-4:00 YS* Restorative Yoga Kimberly Pena
4:00-4:45 MS* TRX Max Circuit Nia Basel	12:35-1:35 YS* Sculpted Yoga™ AnneSophie Mills	4:15-5:00 YS* Pilates Fusion Mandy Limbach	4:15-5:05 YS* Pilates Rise Gia Kirkland	4:15-5:00 YS* Pilates Mat Debbie Gleeson	1:00-1:45 YS* Bala Bangle Barre Burn Mandy Limbach	
4:00-5:00 YS* Vinyasa Yoga Reba Gray	3:45-4:30 YS* True Barre Stephanie Chan	4:35-4:50 MS* Upper Body Pump Debbie Gleeson	5:30-6:20 CS* Precision Ride Chris Turner	5:15-6:05 CS* Precision Ride Chris Turner	2:15-3:15 YS* Weekend Wind Down Yoga Caramia Tambornino	
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	5:30-6:20 MS* Stronger Anthony Finley	5:30-6:00 MS* Tabata Cardio 30 Vanessa Vasquez	3:30-4:15 YS* Sonic Meditation Caramia Tambornino	
5:30-6:15 MS* MetCon3 Chris Turner	4:45-5:35 YS* Pilates Rise (L2) Mandy Limbach	5:30-6:15 MS* Stacked Mason Denham	5:30-6:15 YS* Trilogy Barre Stephanie Chan	5:30-6:30 MS* Power Vinyasa AnneSophie Mills		
5:30-6:15 YS* Pilates Mat Debbie Gleeson	5:30-6:20 CS* Precision Ride Randy Myers	5:30-6:30 YS* Power Vinyasa AnneSophie Mills	6:30-7:45 YS* Vinyasa Yoga Jennifer Miller	6:00-6:20 MS* Best Butt Ever Precious Moreno		
6:30-7:15 CS* Beats Ride Lo	5:30-6:20 MS* Stronger Vanessa Vasquez	6:30-7:15 CS* THEME RIDE: UNCENSORED Mason Denham	6:45-7:30 MS* Cardio Dance Mandy Limbach			
6:45-7:30 MS* Body Sculpt Precious Moreno	6:00-7:00 YS* Vinyasa Yoga (L2) Schuyler Ingle	6:30-7:20 MS* Barre Beyond Nia Basel				
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# 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 Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. An Equinox exclusive.

**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 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.

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## 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.

## 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

**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.

**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.