

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday Vanessa Vasquez	6:30-7:15 MS * Stacked Randy Myers	6:30-7:20 MS * Stronger Mason Denham	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 * Rounds: Boxing Vanessa Vasquez
7:15-8:15 YS * Vinyasa Yoga (Heated) Monica DiLullo	7:15-8:00 CS * Beats Ride Sammy Rosario	7:15-8:05 YS * Sculpted Yoga™ Carolyn Roney	7:15-8:05 CS * Precision Ride Randy Myers	7:15-8:00 YS * Barefoot Sculpt Jessica Trauner	8:30-9:15 YS * Pilates Fusion Mandy Limbach	8:30-9:20 YS * Pilates at the Barre Mandy Limbach
8:15-9:00 MS * Stronger Mason Denham	7:30-8:15 YS * True Barre Judy Rukat	8:15-9:05 MS * Rhythmic Sculpt Emma Simões	7:30-8:15 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
9:15-10:05 YS * Pilates at the Barre Stephanie Chan	8:30-9:00 MS * Best Abs Ever Randy Myers	8:30-9:15 CS * Beats Ride Seana Nicol	8:30-9:20 MS * Stronger Randy Myers	8:45-9:35 YS * Pilates at the Barre Jessica Trauner	9:30-10:20 CS * Anthem Ride Debbie Gleeson	9:45-10:30 MS * Core6 Mandy Limbach
9:30-10:15 MS * Core6 Randy Myers	8:45-9:30 YS * Pilates Fusion Judy Rukat	9:15-10:00 YS * Pilates Fusion Stephanie Chan	8:45-9:45 YS * Vinyasa Yoga Carolyn Roney	9:30-10:15 CS * Anthem Ride Lo	9:45-10:45 YS * Sculpted Yoga™ Rose of Sharon Stoneall	9:45-10:30 Precision Run + Strength Vanessa Vasquez
10:30-11:15 YS * True Barre Tammy Chang	9:00-9:30 MS * Upper Body Pump Randy Myers	9:30-10:20 MS * Limited Series: Stronger Women Debbie Gleeson	10:00-10:45 YS * Barefoot Sculpt Carolyn Roney	10:15-11:00 MS * Best Butt Ever Mason Denham	10:00-10:45 MS * Rhythmic Sculpt Kevin Wong	10:00-11:00 YS * Gentle Yoga Anna Davies
11:30-12:15 YS * Pilates Fusion Tammy Chang	10:00-11:00 YS * Vinyasa Yoga Carolyn Roney	12:15-1:00 MS * Body Sculpt Carolyn Roney	12:30-1:15 YS * Best Butt Ever Mandy Limbach	10:30-11:15 YS * True Barre Tammy Chang	11:00-11:50 MS * Best Stretch Ever Debbie Gleeson	10:45-11:30 CS * Beats Ride Sasha Wootton
12:15-1:05 MS * Stronger Fady Asaad	12:30-1:15 YS * Pilates Mat Debbie Gleeson	12:30-1:30 YS * Vinyasa Yoga Schuyler Ingle	12:30-1:15 YS * Pilates Fusion Stephanie Chan	12:15-1:15 YS * Vinyasa Yoga Darren Main	11:15-12:30 YS * Vinyasa Yoga Monica DiLullo	11:00-11:45 MS * MetCon3 Emma Simões
12:30-1:30 YS * Vinyasa Yoga Schuyler Ingle	12:35-1:20 MS * Best Butt Ever Mason Denham	4:00-4:45 YS * Pilates Fusion Mandy Limbach	3:45-4:35 YS * Pilates Rise Mandy Limbach	12:30-1:15 MS * MetCon3 Chris Turner	12:15-1:00 MS * Cardio Dance: Skybeat Skyler Rodgers	11:30-12:20 YS * Sculpted Yoga™ (Heated) Jennifer Miller
4:00-5:00 YS * Vinyasa Yoga Rose of Sharon Stoneall	3:45-4:30 YS * True Barre Stephanie Chan	4:15-5:00 MS * Core6 Debbie Gleeson	4:15-5:00 MS * Kettlebell Power Chris Turner	2:00-2:45 MS * Body Sculpt Nia Basel	1:00-1:45 YS * True Barre: Bala Bangle Mandy Limbach	12:45-1:30 YS * Barefoot Sculpt (Heated) Emma Simões
4:15-5:00 MS * TRX Max Circuit Nia Basel	4:15-5:00 MS * Athletic Stretch Debbie Gleeson	5:30-6:15 CS * Beats Ride Sammy Rosario	5:00-5:30 TR * Precision Run 30 Eli Portales	2:45-3:45 YS * Sculpted Yoga™ AnneSophie Mills	2:15-3:15 YS * Vinyasa Yoga Chris Tilley	2:00-3:15 YS * Yin Yoga + Sound Meditation Rose of Sharon Stoneall
5:30-6:15 CS * Beats Ride Nia Basel	5:00-5:30 TR * Precision Run 30 Vanessa Vasquez	5:30-6:15 MS * Stacked Mason Denham	5:00-5:50 YS * Pilates at the Barre Stephanie Chan	4:00-4:45 MS * Best Stretch Ever AnneSophie Mills	3:30-4:30 YS * Restorative Yoga Chris Tilley	
5:30-6:15 MS * Ropes and Rowers Chris Turner	5:00-5:50 YS * Pilates Rise (L2) Mandy Limbach	5:30-6:30 YS * Power Vinyasa AnneSophie Mills	5:30-6:15 MS * MetCon3 Lo	4:00-4:45 YS * Pilates Mat Mandy Limbach		
5:30-6:15 YS * Pilates Mat Debbie Gleeson	5:40-6:30 MS * Stronger Vanessa Vasquez	6:30-7:20 MS * Cardio Dance: Skybeat Skyler Rodgers	6:15-7:30 YS * Vinyasa Yoga Jennifer Miller	4:15-5:05 CS * Precision Ride Chris Turner		
6:30-7:20 MS * Rhythmic Sculpt Precious Moreno	6:15-7:30 YS * Vinyasa Yoga (L2) Schuyler Ingle	6:45-7:30 YS * Yin Yoga + Sound Meditation AnneSophie Mills	6:30-7:15 CS * Beats Ride Lo	5:15-6:05 MS * Limited Series: Stronger Women Vanessa Vasquez		
6:45-7:45 YS * Restorative Yoga Anna Davies	6:30-7:15 CS * Beats Ride Sasha Wootton		6:45-7:30 MS * Core6 Kevin Wong	5:30-6:30 YS * Power Vinyasa (Heated) Rose of Sharon Stoneall		
	6:45-7:30 MS * Rhythmic Sculpt Mandy Limbach			6:30-7:15 MS * Feel Good Friday: Studio Dance Zachary Parrish		

# EQUINOX

## BERKELEY

2600 Shattuck Avenue

BERKELEY CA 94704

EQUINOX.COM

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

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

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

**Kids**

**MON-SUN** 08:00 AM 12:00 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.

**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 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.

**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.

**Yin Yoga + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

## **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.

**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.

**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 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.

## **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: Skybeat** Created by Skylar Rodgers, this easy-to-follow dance-based class includes basic plyometrics, aerobic sequencing, and various dance styles. Improve Cardiovascular fitness and have fun.

**Feel Good Friday: Studio Dance** Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves 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.

## **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.

## **Sculpt**

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

**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 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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.