

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-7:15 CS* <b>Beats Ride</b> <b>Grace Lee</b>	7:00-7:50 CL* EQX H2O: Swim Basics <i>Kate Wiles</i>	6:30-7:20 CS* <b>Precision Ride</b> <b>Vince Mendoza</b>	7:00-7:50 CL* EQX H2O: Swim Basics <i>Greg Mundia</i>	7:00-7:50 CL* <b>EQX H2O: Skills + Drills</b> <b>Kate Wiles</b>
7:15-7:45 MS* <b>Upper Body Pump</b> <b>Winnie Siu</b>	7:15-8:00 YS* Off The Barre <i>Jessica Rae</i>	7:15-8:00 MS* Stronger <i>NinaAnn Phan</i>	7:15-8:00 YS* Pilates Fusion <i>Colette Harmon</i>	7:30-8:00 MS* <b>Best Butt Ever</b> <b>Lauren Settembrino</b>
7:15-8:15 YS* Vinyasa Yoga (HEATED) <i>Warren Lange</i>	7:30-8:15 MS* MetCon3 <i>Lauren Settembrino</i>	7:15-8:00 YS* Vinyasa Yoga (HEATED) <i>Stephanie Vu</i>	7:30-8:15 MS* Rounds: Boxing Circuit <i>Edgardo Villanueva</i>	7:30-8:30 YS* Vinyasa Yoga (HEATED) <i>Warren Lange</i>
7:45-8:05 MS* <b>Best Abs Ever</b> <b>Winnie Siu</b>	12:15-1:00 MS* Stacked <i>Lauren Settembrino</i>	12:00-12:45 YS* Pilates Mat <i>Jordanna Dworkin</i>	12:15-1:00 MS* Stronger <i>Lauren Settembrino</i>	8:00-8:20 MS* <b>Best Abs Ever</b> <b>Lauren Settembrino</b>
12:00-12:45 YS* Bala Bangle Barre Burn <i>Marinna Kus</i>	12:15-1:15 YS* Sculpted Yoga™ <i>Kate Wiles</i>	12:15-12:45 MS* <b>Tabata Cardio 30</b> <b>Precious Moreno</b>	12:30-1:15 YS* Power Vinyasa (HEATED) <i>Rachel Soon</i>	12:15-1:05 YS* <b>Pilates Rise</b> <b>Melinda Soldan</b>
12:15-1:00 MS* MetCon Monday <i>NinaAnn Phan</i>	4:00-4:30 MS* <b>Best Butt Ever</b> <b>Fady Asaad</b>	12:45-1:05 MS* <b>Best Abs Ever</b> <b>Precious Moreno</b>	4:00-4:30 MS* Upper Body Pump <i>Christopher Lee</i>	4:00-5:00 YS* Sculpted Yoga™ <i>Stephanie Vu</i>
4:00-4:45 MS* <b>Stronger</b> <b>Garrett Kale</b>	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Kiley Holliday</i>	4:00-4:45 MS* <b>Stacked</b> <b>NinaAnn Phan</b>	4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Warren Lange</i>	4:15-5:00 CS* <b>Beats Ride</b> <b>Vince Mendoza</b>
4:30-5:15 YS* Pilates Fusion <i>Precious Moreno</i>	4:30-5:00 MS* <b>Tabata Cardio 30</b> <b>Fady Asaad</b>	4:30-5:15 YS* Barre Beyond <i>Philip Gleichauf</i>	4:30-4:50 MS* <b>Best Abs Ever</b> <i>Christopher Lee</i>	5:15-6:15 YS* Vinyasa Yoga (HEATED) <i>Alessandro Lou</i>
5:15-6:15 MS* Switch Up: Run + Strength <i>NinaAnn Phan Mark Protacio</i>	5:15-6:00 MS* Stronger <i>Evan Chasan</i>	4:45-5:00 MS* <b>Best Abs Ever</b> <b>NinaAnn Phan</b>	5:15-6:00 MS* <b>Rounds: Boxing Circuit</b> <b>Vince Mendoza</b>	5:30-6:15 MS* <b>Best Butt Ever</b> <i>Lauren Settembrino</i>
5:30-6:15 CS* <b>Beats Ride</b> <b>Stephen Selnick</b>	5:15-6:00 YS* Bala Bangle Barre Burn <i>Sarah Emmons</i>	5:15-6:00 MS* <b>Best Butt Ever</b> <b>Danielle Joseph</b>	5:15-6:05 YS* Pilates Rise (HEATED) <i>Kate Wiles</i>	
5:45-6:45 YS* Vinyasa Yoga <i>Usha Moss</i>	5:45-6:30 CS* <b>Beats Ride</b> <b>Kelsey Pfeffer</b>	5:30-6:15 CS* <b>Beats Ride</b> <b>NinaAnn Phan</b>	5:45-6:35 CS* Precision Ride <i>Emily Hill</i>	
6:30-7:15 MS* Stacked <i>Rich Morris</i>	6:15-7:00 MS* Rounds: Boxing Circuit <i>Vince Mendoza</i>	5:45-6:45 YS* Vinyasa Yoga (HEATED) <i>Ashley Hayes</i>	6:15-6:45 MS* <b>Best Butt Ever</b> <b>Precious Moreno</b>	
7:00-8:00 YS* Sound Meditation <i>Erica Nguyen</i>	6:15-6:45 TR* <b>Precision Run 30</b> <b>Marinna Kus</b>	6:00-6:15 MS* <b>Best Abs Ever</b> <b>Danielle Joseph</b>	6:15-6:45 TR* <b>Precision Run 30</b> <b>Kate Wiles</b>	
7:15-7:30 MS* <b>Best Abs Ever</b> <i>Rich Morris</i>	6:15-7:00 YS* Athletic Stretch (HEATED) <i>Stephanie Vu</i>	6:30-7:15 MS* Stronger <i>Christopher Lee</i>	6:15-7:15 YS* Slow Flow Yoga (HEATED) <i>Kiley Holliday</i>	
	7:00-7:15 MS* <b>Best Abs Ever</b> <i>Vince Mendoza</i>	7:15-7:30 MS* <b>Best Abs Ever</b> <i>Christopher Lee</i>	6:45-7:05 MS* <b>Best Abs Ever</b> <b>Precious Moreno</b>	

# EQUINOX

## PINE STREET

301 Pine 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

ninaann.phan@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**CL** Club Lobby

## 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 additive 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 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.

**Switch Up: Run + Strength** Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

## Yoga

**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.

**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 (HEATED)** 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.

**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.

## Athletic Training

**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.

**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.

**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.

## 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 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.

**Off The Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

## 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 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 Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Pool

**EQX H2O: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. Max Volume 2000 yards. An Equinox exclusive. Swim cap required, and goggles are optional.

**EQX H2O: 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.

## Stretch and Recovery

**Athletic Stretch (HEATED)** 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. All in a heated room.

**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 soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## 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.

**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.