

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-7:15 CS * Beats Ride <i>Grace Lee</i>	7:00-7:50 PA * Swim: Skills + Drills <i>Kate Wiles</i>	6:30-7:15 CS * Beats Ride <i>Ashley Chin</i>	7:00-7:50 PA * Swim: Pro <i>Kate Grossman</i>	7:15-8:00 MS * True Barre: Bala Bangle <i>Jordanna Dworkin</i>
7:20-8:05 YS * Pilates Fusion <i>Grace Lee</i>	7:15-8:00 MS * MetCon3 <i>Addie Norman</i>	7:15-8:00 MS * Stronger <i>Chris Turner</i>	7:15-8:00 MS * Best Butt Ever <i>Rich Morris</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Warren Lange</i>
12:15-1:00 YS * True Barre: Bala Bangle <i>Jordanna Dworkin</i>	7:15-8:00 YS * True Barre: Off the Barre <i>Jessica Rae</i>	7:15-8:00 YS * Vinyasa Yoga (Heated) <i>Steph Vu</i>	7:15-8:00 YS * Pilates Fusion <i>Annalisa Brown</i>	12:15-1:05 YS * Pilates Rise <i>Kate Wiles</i>
3:30-4:30 YS * Sculpted Yoga™ <i>Carolyn Roney</i>	12:15-1:00 MS * Stacked <i>Lauren Settembrino</i>	11:45-12:15 TR * Precision Run 30 <i>Steph Vu</i>	12:15-1:00 MS * Limited Series: Stronger Women <i>Lauren Settembrino</i>	4:00-4:45 YS * Pilates Fusion <i>Olivia Tataseo</i>
4:00-4:45 MS * Stronger <i>Garrett Kale</i>	12:20-1:10 YS * Power Vinyasa (Heated) <i>Denelle Numis</i>	12:15-1:00 YS * Pilates Mat <i>Jordanna Dworkin</i>	12:20-1:10 YS * Vinyasa Yoga (Heated) <i>Steph Vu</i>	4:30-5:00 CS * Beats Ride 30 <i>Trevor Yip</i>
4:45-5:30 YS * Pilates Rise (Heated) <i>Precious Moreno</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Kiley Holliday</i>	12:20-12:50 MS * Athletic Stretch <i>Steph Vu</i>	4:00-4:45 MS * Rounds: Kickboxing <i>Rick Garcia</i>	5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Rachel Soon</i>
5:15-6:00 MS * Body Sculpt <i>Carolyn Roney</i>	4:15-5:00 MS * True Barre: Bala Bangle <i>Richel Kumar</i>	4:00-4:30 YS * Pilates Fusion <i>Jai Mac Neil</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Warren Lange</i>	
5:30-6:15 CS * Anthem Ride <i>Jai Mac Neil</i>	5:15-6:00 MS * Best Butt Ever <i>Jaiden De Anda</i>	4:15-5:00 MS * Stacked <i>Stephen Selnick</i>	5:15-6:00 MS * Core6 <i>Alejandro Gutierrez De Pineres</i>	
5:45-6:45 YS * Vinyasa Yoga <i>Ryan Gerard</i>	5:15-6:00 YS * Pilates Rise (Heated) <i>Sarah Emmons</i>	4:45-5:30 YS * True Barre: Off the Barre <i>Jai Mac Neil</i>	5:15-6:00 YS * Pilates Rise (Heated) <i>Kate Wiles</i>	
6:00-6:50 PA * Swim: Basics <i>Kate Grossman</i>	5:45-6:30 CS * Beats Ride <i>Danielle Joseph</i>	5:15-6:00 MS * Studio Dance: Jazz <i>Annalisa Brown</i>	5:30-6:15 TR * Precision Run + Strength <i>Kristen Klehr</i>	
6:15-7:00 MS * MetCon Monday <i>Mark Protacio</i>	5:45-6:15 TR * Precision Run 30 <i>Steph Vu</i>	5:30-6:15 CS * <b>Beats Ride</b> <i>Tara Brown</i>	6:15-7:15 YS * Slow Flow Yoga (Heated) <i>Kiley Holliday</i>	
7:00-7:45 YS * Sound Meditation <i>Erica Nguyen</i>	6:00-6:15 MS * Best Abs Ever <i>Jaiden De Anda</i>	5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Warren Lange</i>	6:30-7:00 MS * Best Butt Ever <i>Kristen Klehr</i>	
7:15-7:45 MS * Athletic Stretch <i>Cecily Guest</i>	6:20-7:05 YS * Athletic Stretch (Heated) <i>Steph Vu</i>	6:00-6:50 PA * <b>Swim: Skills + Drills</b> <i>Gabrielle Fong</i>		
	6:30-7:15 MS * Rounds: Boxing <i>Eric Guerra</i>	6:15-7:00 MS * Stronger <i>Lauren Settembrino</i>		
	7:15-8:00 YS * Power Vinyasa <i>Mary Hayano</i>	7:00-7:45 YS * Yin Yoga <i>Steven Rogers</i>		

# 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

**PA** Pool 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.

## **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**

**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.

**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** 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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## **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.

**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.

## **Barre**

**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.

**True Barre: Off the Barre** This off-the-barre sculpt class uses light weights and props 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.

## **Dance**

**Studio Dance: Jazz** A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.

## **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.

## **Swim**

**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.

**Swim: Pro** Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

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

## **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.

**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**

**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.

## **Strength**

**Best Abs Ever A** 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.