

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * Stronger <i>Heath Hunter</i>	6:00-6:45 MS * MetCon3 <i>Kevin Defro</i>	6:00-6:45 MS * Whipped! <i>Angela Schroeder</i>	6:00-6:45 MS * Athletic Conditioning <i>Kevin Defro</i>	6:00-6:45 MS * Sculpt <i>Heath Hunter</i>	8:00-8:45 MS * Cardio Sculpt <i>Angela Schroeder</i>	8:30-9:15 MS * Stronger <i>Kevin Defro</i>
6:30-7:20 CS * Precision Ride <i>Annika Steiber</i>	7:15-8:05 TR * Precision Run® <i>Kevin Defro</i>	6:30-7:15 CS * Beats Ride <i>Rachele Pojednic</i>	7:15-8:05 TR * Precision Run® <i>Kevin Defro</i>	6:30-7:15 CS * Beats Ride <i>Erica Waxer</i>	8:45-10:15 YS * Vinyasa Yoga <i>Barry Au-Yeung</i>	8:30-9:15 YS * Pilates Fusion <i>Jade Xiao</i>
9:15-10:00 MS * Stacked <i>Krishil Ranjit</i>	7:30-8:15 YS * Pilates Fusion <i>Kiersten Jakobsen</i>	7:30-8:15 MS * Stacked <i>Blake Saksa</i>	7:30-8:15 YS * Pilates Fusion <i>Kiersten Jakobsen</i>	7:30-8:15 MS * MetCon3 <i>Blake Saksa</i>	9:00-9:45 MS * The Cut <i>Alyssa Jacobson</i>	9:30-10:15 CS * Beats Ride <i>Vivian Wang</i>
9:30-10:20 CS * Precision Ride <i>Alex Gould</i>	8:30-9:30 YS * Vinyasa Yoga <i>Mandy Ansari</i>	8:15-8:30 MS * Best Abs Ever <i>Blake Saksa</i>	8:30-9:30 YS * Hatha Yoga (HEATED) <i>Zina Aljanabi</i>	9:15-10:00 MS * Best Butt Ever <i>Jessica Johnson</i>	10:00-10:45 MS * Stronger <i>Desiree Stemberga</i>	9:30-10:15 MS * TRX Max <i>Laura Schuster</i>
9:30-10:30 YS * Vinyasa Yoga <i>Bridget Buckley</i>	9:30-10:15 MS * Cardio Sculpt <i>Elisha Caunday</i>	9:15-10:00 MS * Sculpt <i>Blake Saksa</i>	9:30-10:15 MS * MetCon3 <i>Luis Ortiz Munoz</i>	9:30-10:15 CS * Beats Ride <i>Blake Saksa</i>	10:15-11:00 CS * Beats Ride <i>Alyssa Jacobson</i>	10:00-11:00 YS * Vinyasa Yoga (HEATED) <i>Carlos Martinez</i>
10:30-11:15 MS * Sculpt <i>Priscilla Chung</i>	9:45-10:45 YS * Sculpted Yoga™ <i>Mandy Ansari</i>	9:30-10:15 CS * Beats Ride <i>Luis Ortiz Munoz</i>	9:45-10:30 YS * Pilates Mat <i>Monique Schareck</i>	9:30-10:20 YS * Pilates Rise <i>Mandy Ansari</i>	10:30-11:15 YS * Pilates Mat <i>Monique Schareck</i>	10:15-11:05 TR * Precision Run® <i>Kevin Defro</i>
10:45-11:30 YS * Bala Bangle Barre Burn <i>Desiree Stemberga</i>	10:45-11:30 MS * Cardio Dance <i>Marianne Jacobi</i>	9:30-10:15 YS * Off The Barre <i>Erica Waxer</i>	10:45-11:30 MS * Danceation™ <i>Soo Kim</i>	10:15-11:00 MS * Cardio Dance <i>Jessica Johnson</i>	11:15-12:00 MS * Whipped! <i>Angela Schroeder</i>	11:15-12:00 MS * Cardio Sculpt <i>Jena Daniels</i>
12:00-12:45 MS * MetCon Monday <i>Krishil Ranjit</i>	11:45-12:15 TR * Precision Run 30 <i>Desiree Stemberga</i>	10:30-11:15 MS * Danceation™ <i>Soo Kim</i>	11:45-12:15 TR * Precision Run 30 <i>Desiree Stemberga</i>	10:45-11:45 YS * Vinyasa Yoga <i>Desiree Stemberga</i>	11:30-12:30 YS * Vinyasa Yoga <i>Bridget Buckley</i>	12:00-12:45 YS * Barefoot Sculpt <i>Wendy Chan</i>
12:15-1:00 YS * Pilates Fusion <i>Priscilla Chung</i>	12:30-1:15 MS * Sculpt <i>Team Equinox</i>	10:45-11:45 YS * Vinyasa Yoga <i>Desiree Stemberga</i>	12:30-1:15 MS * Stronger <i>Desiree Stemberga</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mandy Ansari</i>	12:15-1:00 MS * Danceation™ <i>Heath Hunter</i>	12:15-1:00 MS * Studio Dance <i>Belicia Tang</i>
4:00-5:00 YS * Vinyasa Yoga <i>Connie Lu</i>	4:15-5:00 MS * Athletic Conditioning <i>Blake Saksa</i>	12:00-12:45 YS * Barefoot Sculpt <i>Wendy Chan</i>	4:15-5:00 MS * Stronger <i>Heath Hunter</i>	12:30-1:15 MS * Cardio Sculpt <i>Jena Daniels</i>	12:45-1:30 YS * Bala Bangle Barre Burn <i>Desiree Stemberga</i>	3:15-4:15 YS * Power Vinyasa (HEATED) <i>Krishil Ranjit</i>
4:30-5:15 MS * Best Butt Ever <i>Heath Hunter</i>	4:45-5:30 YS * Pilates Fusion <i>Stephanie Herman</i>	12:45-1:00 YS * Best Abs Ever <i>Wendy Chan</i>	4:45-5:30 YS * Pilates Mat <i>Belicia Tang</i>	4:15-5:00 MS * Stronger <i>Blake Saksa</i>	4:15-5:15 YS * Yin Yoga <i>Sharon Brock</i>	4:30-5:30 YS * Weekend Wind Down Yoga <i>Krishil Ranjit</i>
5:15-6:00 YS * Barefoot Sculpt <i>Jena Daniels</i>	5:15-6:00 MS * Stronger <i>Blake Saksa</i>	4:00-5:00 YS * Vinyasa Yoga <i>Krishil Ranjit</i>	5:30-6:15 MS * The Cut <i>Brenda Mannion</i>	4:30-5:15 YS * Pilates Fusion <i>Jade Xiao</i>		
5:30-6:15 MS * Danceation™ <i>Heath Hunter</i>	6:00-6:45 CS * Beats Ride <i>Brenda Mannion</i>	4:30-5:00 MS * Upper Body Pump <i>Heath Hunter</i>	6:00-6:50 CS * Precision Ride <i>Rachele Pojednic</i>	5:30-6:15 MS * Danceation™ <i>Alexandria Combs</i>		
6:00-6:45 CS * Beats Ride <i>Luis Ortiz Munoz</i>	6:00-6:15 MS * Best Abs Ever <i>Blake Saksa</i>	5:00-5:20 MS * Best Abs Ever <i>Heath Hunter</i>	6:15-7:15 YS * Power Vinyasa <i>Zina Aljanabi</i>	6:15-7:30 YS * Vinyasa Yoga <i>Barry Au-Yeung</i>		
6:15-7:15 YS * Vinyasa Yoga <i>Carlos Martinez</i>	6:15-7:15 YS * Power Vinyasa <i>Tracy Gulbransen</i>	5:15-6:00 YS * Pilates Fusion <i>Jena Daniels</i>	6:30-7:15 MS * Danceation™ <i>Alexandria Combs</i>			
6:30-7:15 MS * Athletic Conditioning <i>Jena Daniels</i>	6:30-7:15 MS * Cardio Dance <i>Brendan Simon</i>	5:30-6:15 MS * Stacked <i>Krishil Ranjit</i>	7:30-8:20 YS * Pilates Rise <i>Heath Hunter</i>			
7:45-8:30 YS * Pilates Fusion (HEATED) <i>Jena Daniels</i>	6:30-7:20 TR * Precision Run® <i>Blake Saksa</i>	6:00-6:45 CS * Beats Ride <i>Desiree Stemberga</i>				
	7:30-8:15 YS * Off The Barre <i>Desiree Stemberga</i>	6:15-7:30 YS * Vinyasa Yoga <i>Barry Au-Yeung</i>				
		6:30-7:15 MS * Cardio Sculpt <i>Jena Daniels</i>				
		7:15-7:30 MS * Best Abs Ever <i>Jena Daniels</i>				
		7:45-8:45 YS * Yoga Sculpt <i>Krishil Ranjit</i>				

# EQUINOX

## PALO ALTO

440 Portage Avenue  
PALO ALTO CA 94306  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

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

## GROUP FITNESS MANAGER

desiree.stemberga@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

**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.

**Precision Run®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

## Yoga

**Hatha Yoga (HEATED)** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**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.

**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.

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

**Yoga Sculpt** A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

## 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.

**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** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. 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.

**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 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.

## 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.

**Danceation™** Dance to Hip Hop, Modern, Jazz, Street dance and Salsa and experience the latest dance craze from Europe. Danceation® is REAL DANCE and it is a fantastic workout, created by musician and dancer Heath Hunter from the UK.

**Studio Dance** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

## Boxing and Kickboxing

**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.

## 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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**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.