

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

EQUINOX

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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 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® 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.

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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.

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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.

Hiit

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.

Cardio Dance: 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.

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Boxing

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.

Barefoot Sculpt (HEATED) 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.

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.

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.