

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS * <b>Best Butt Ever</b> <i>Lauren Settembrino</i>	6:45-7:30 BR * Rounds: Boxing <i>Erica Vasquez</i>	7:00-7:45 MS * <b>Athletic Conditioning</b> <i>Sally French</i>	6:45-7:30 BR * Rounds: Boxing <i>Eric Guerra</i>	7:00-7:45 MS * Tabata Max <i>Precious Moreno</i>	9:00-9:50 PD * EQX H2O: Skills + Drills <i>Kate Wiles</i>	9:00-9:50 PD * EQX H2O: Swim Basics <i>Sarah Larson</i>
7:15-8:00 BA * Bala Bangle Barre Burn <i>Jessica Rae</i>	7:00-7:45 MS * Stronger <i>Jomar Tagatac</i>	7:15-8:05 PD * <b>EQX H2O: Skills + Drills</b> <i>Greg Mundia</i>	7:00-7:45 MS * MetCon3 <i>Joshua Vela</i>	8:00-8:30 TR * Precision Run 30 <i>Precious Moreno</i>	9:30-10:15 MS * MetCon3 <i>Vince Mendoza</i>	9:30-10:15 MS * Tabata Max <i>Danielle Wang</i>
8:00-8:45 CS * Beats Ride <i>Grace Lee</i>	7:30-8:15 BA * <b>Pilates Fusion</b> <i>Elaina Envia</i>	8:30-9:20 BA * Trilogy Barre <i>Kate Wiles</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Warren Lange</i>	9:30-10:20 BA * <b>Trilogy Barre</b> <i>Kate Wiles</i>	9:45-10:45 YS * <b>Vinyasa Yoga (HEATED)</b> <i>Chris Tilley</i>	9:45-10:30 BA * Pilates Fusion <i>Joshua Vela</i>
9:30-10:15 MS * MetCon Monday <i>Joshua Vela</i>	10:00-10:50 BA * Pilates Mat <i>Jordanna Dworkin</i>	9:30-10:15 MS * Best Butt Ever <i>Joshua Vela</i>	10:00-10:45 BA * True Barre <i>Jordanna Dworkin</i>	10:30-11:15 MS * <b>Cardio Dance</b> <i>Natalie Padron</i>	10:00-10:30 TR * Precision Run 30 <i>NinaAnn Phan</i>	10:30-11:30 YS * Vinyasa Yoga <i>Mary Hayano</i>
10:30-11:15 MS * Cardio Dance: Zumba® <i>Justin O'Neil</i>	11:00-11:45 BA * Bala Bangle Barre Burn <i>Jordanna Dworkin</i>	10:30-11:15 MS * Cardio Dance: Zumba® <i>Annalisa Brown</i>	11:00-11:45 BA * Pilates Mat <i>Joshua Vela</i>	12:00-1:00 YS * Hatha Yoga <i>Howard Tom</i>	10:30-11:15 BA * Pilates Rise <i>Kate Wiles</i>	10:45-11:30 CS * Beats Ride <i>Ben Compton</i>
11:30-12:15 MS * Best Stretch Ever <i>Jenny Raffield</i>	12:00-12:45 MS * Stacked <i>Joshua Vela</i>	10:45-11:30 TR * <b>Precision Walk:</b> <i>Elevate</i> <i>Mason Denham</i>	12:00-12:50 MS * <b>Stronger</b> <i>Vince Mendoza</i>	12:15-1:00 MS * <b>Body Sculpt</b> <i>Vanessa Wilkins</i>	10:30-11:30 BR * Rounds: Boxing <i>Edgardo Villanueva</i>	10:45-11:15 MS * Best Butt Ever <i>Mark Protacio</i>
12:20-1:05 BA * Pilates Fusion <i>Joshua Vela</i>	12:00-1:00 YS * Vinyasa Yoga <i>Cecily Guest</i>	11:30-12:15 MS * Best Stretch Ever <i>Jenny Raffield</i>	12:00-1:00 YS * Vinyasa Yoga <i>Cecily Guest</i>	4:15-5:00 MS * <b>Stronger</b> <i>Garrett Kale</i>	10:45-11:30 CS * Precision Ride <i>Vince Mendoza</i>	11:15-11:45 MS * Upper Body Pump <i>Mark Protacio</i>
5:00-5:45 YS * Yin Yoga (HEATED) <i>Warren Lange</i>	4:15-5:15 YS * Vinyasa Yoga <i>Mary Hayano</i>	12:20-1:10 BA * Pilates Rise <i>Kate Wiles</i>	4:15-5:15 YS * Vinyasa Yoga <i>Kiley Holliday</i>	4:30-5:30 YS * Vinyasa Yoga <i>Mary Hayano</i>	10:45-11:30 MS * Cardio Dance <i>Brendan Simon</i>	11:45-12:30 BA * Trilogy Barre <i>Marinna Kus</i>
5:30-6:15 BA * Trilogy Barre <i>Marinna Kus</i>	5:15-6:00 MS * Best Butt Ever <i>Rich Morris</i>	5:00-5:45 YS * Athletic Stretch (HEATED) <i>Stephanie Vu</i>	4:30-5:20 PD * EQX H2O: Swim Basics <i>Greg Mundia</i>	5:15-5:45 MS * Best Butt Ever <i>Mark Protacio</i>	11:30-12:15 BA * True Barre <i>Jordanna Dworkin</i>	12:00-12:45 MS * The Cut <i>Joshua Vela</i>
5:30-6:20 MS * Ropes and Rowers <i>Joshua Vela</i>	5:15-6:00 TR * Precision Run® <i>Trevor Hill</i>	5:15-6:15 BA * Stronger <i>Precious Moreno</i>	5:15-6:00 MS * MetCon3 <i>Christopher Lee</i>	5:30-6:30 BR * Rounds: Boxing <i>Rick Garcia</i>	11:45-12:30 MS * Stronger <i>NinaAnn Phan</i>	12:30-1:30 YS * Hatha Yoga <i>Howard Tom</i>
5:45-6:30 CS * Precision Ride <i>Jai Mac Neil</i>	5:45-7:00 YS * Power Vinyasa (L2) <i>Cecily Guest</i>	5:30-6:15 MS * Stronger <i>Evan Chasan</i>	5:30-6:15 BA * Barre <i>Danielle Joseph</i>	5:45-6:30 BA * Pilates Mat <i>Derrick Samonte</i>	12:15-1:15 YS * Power Vinyasa <i>Steven Rogers</i>	3:00-3:45 CS * <b>Beats Ride</b> <i>Willy Kellogg</i>
6:00-7:00 YS * Vinyasa Yoga <i>Stephanie Vu</i>	6:00-7:00 BR * Rounds: Boxing <i>Rick Garcia</i>	5:45-6:30 CS * Beats Ride <i>Stephen Selnick</i>	5:45-7:00 YS * Power Vinyasa (L2) <i>Cecily Guest</i>	5:45-6:15 MS * Upper Body Pump <i>Mark Protacio</i>	12:30-1:00 BA * Athletic Stretch <i>Jordanna Dworkin</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Taylor Chang</i>
6:15-7:00 TR * Precision Run® <i>Rich Velazquez</i>	6:00-6:15 MS * Best Abs Ever <i>Rich Morris</i>	6:00-7:15 YS * Vinyasa Yoga <i>Denelle Numis</i>	6:15-7:15 BR * Rounds: Boxing <i>Edgardo Villanueva</i>			
6:30-7:15 MS * Stronger <i>Garrett Kale</i>	6:15-7:00 CS * Beats Ride <i>Ben Compton</i>	6:00-7:15 TR * Vinyasa Yoga <i>Denelle Numis</i>	6:15-7:00 CS * Beats Ride <i>Ashley Chin</i>			
6:45-7:30 BA * Pilates Fusion <i>Jai Mac Neil</i>	6:30-7:20 BA * Pilates Rise <i>Sarah Emmons</i>	6:15-7:00 TR * Precision Run® <i>Rich Velazquez</i>	6:30-7:15 MS * Cardio Dance <i>Kenny Walter</i>			
	6:30-7:15 MS * Cardio Dance: Zumba® <i>Annalisa Brown</i>	6:30-7:15 MS * Tabata Max <i>Precious Moreno</i>	7:30-8:15 Y2 * Sonic Meditation <i>Taylor Chang</i>			
	7:30-8:15 YS * Restorative Yoga <i>Steven Rogers</i>					

# EQUINOX

## SPORTS CLUB SAN FRANCISCO

747 Market Street

SAN FRANCISCO CA 94103

EQUINOX.COM

@EQUINOX

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

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

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

### GROUP FITNESS MANAGER

josh.vela@equinox.com

### SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

### STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**Y2** Yoga Studio 2

**BA** Barre Studio

**TR** Treadmill Area

**BR** Boxing Studio

**PD** Pool Deck

### 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.

**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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**Hatha Yoga** 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.

**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.

**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 (HEATED)** Releasing tension through prolonged poses, this heated, open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## 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.

**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.

**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 Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

## 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** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

**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.

## 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

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

## Boxing and Kickboxing

**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.

**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.

## 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** 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.

**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.

**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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

## 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.

**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.

**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.