

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Best Butt Ever <i>Henry Brazer</i>	7:00-8:00 MS * Switch Up: Run + Strength <i>Winnie Siu MC</i>	6:15-6:45 MS * Upper Body Pump <i>Jomar Tagatac</i>	7:00-7:45 MS * MetCon3 <i>Henry Brazer</i>	7:10-8:00 MS * Ropes and Rowers <i>Winnie Siu</i>	8:15-9:15 YS * Vinyasa Yoga <i>Mary Hayano</i>	9:00-10:15 YS * Vinyasa Yoga (HEATED) <i>Ryan Gerard</i>
7:15-8:00 CS * <b>Beats Ride</b> <b>Scotty Jacobs</b>	7:00-7:45 YS * Bala Bangle Barre Burn <i>Camille Santiago</i>	6:45-7:05 MS * Best Abs Ever <i>Jomar Tagatac</i>	7:00-7:45 TR * Precision Run® <i>MJ Paul</i>	7:15-8:15 YS * Sculpted Yoga™ <i>Stephanie Vu</i>	9:15-10:00 CS * <b>Beats Ride</b> <b>Winnie Siu</b>	9:30-10:15 MS * The Cut <i>Philip Gleichauf</i>
7:15-8:00 MS * Stronger <i>Chris Turner</i>	8:15-9:00 YS * Vinyasa Yoga (HEATED) <i>Stephanie Vu</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Melinda Soldan</i>	7:00-7:50 YS * Trilogy Barre <i>Kate Wiles</i>	8:15-9:00 MS * MetCon3 <i>Greg Wolfenden</i>	9:30-10:15 MS * Stacked <i>Evan Chasan</i>	9:45-10:30 CS * Cycle Power <i>Malcolm Eaton</i>
7:15-8:00 YS * Pilates Fusion (HEATED) <i>Mario Godiva</i>	12:00-12:45 MS * Stacked <i>MC</i>	7:15-8:00 CS * <b>Beats Ride</b> <b>Rachel Emodi</b>	7:45-8:00 MS * Best Abs Ever <i>Henry Brazer</i>	12:15-1:00 MS * Athletic Conditioning <i>Garrett Kale</i>	9:45-10:35 YS * Pilates Rise <i>Jordanna Dworkin</i>	10:30-11:00 MS * Best Butt Ever <i>Christopher Lee</i>
11:30-12:00 TR * Precision Run 30 <b>MC</b>	12:30-1:30 YS * Vinyasa Yoga <i>Warren Lange</i>	7:15-8:00 MS * Lower Body Blast <i>Iris Vazquez</i>	8:15-9:00 YS * Pilates Fusion <i>Jordanna Dworkin</i>	12:30-1:30 YS * Power Vinyasa <i>Cecily Guest</i>	10:15-11:00 TR * Precision Run® <i>Trevor Hill</i>	10:45-11:30 YS * Barre Beyond <i>Philip Gleichauf</i>
12:15-1:00 MS * MetCon Monday <i>Riti Vats</i>	4:30-5:00 MS * Upper Body Pump <i>Mario Godiva</i>	11:30-12:00 TR * Precision Run 30 <b>MC</b>	12:00-12:45 MS * Whipped! <i>MC</i>	4:15-5:00 YS * Barre <i>Sarah Emmons</i>	10:30-11:15 MS * Stronger <i>MC</i>	11:00-11:30 MS * Upper Body Pump <i>Christopher Lee</i>
12:30-1:30 YS * Vinyasa Yoga <i>Usha Moss</i>	4:30-5:15 YS * Barre <i>Usha Moss</i>	12:15-1:00 MS * Stronger <i>Darlene Powell</i>	12:30-1:30 YS * Vinyasa Yoga <i>Warren Lange</i>	4:30-5:15 MS * Pure Strength <i>CJ</i>	11:00-11:50 YS * Trilogy Barre <b>Mandy Limbach</b>	11:45-12:30 TR * Precision Run® <b>Christopher Lee</b>
1:00-1:15 MS * Best Abs Ever <i>Riti Vats</i>	5:00-5:20 MS * Best Abs Ever <i>Mario Godiva</i>	12:30-1:15 YS * Power Vinyasa (HEATED) <i>Haley Havelock</i>	4:30-5:15 MS * Stronger <i>MC</i>	5:00-5:45 CS * <b>Beats Ride</b> <b>Kelsey Pfeffer</b>	11:30-12:15 MS * Rounds: Boxing Circuit <i>Rick Garcia</i>	12:15-1:00 YS * Pilates Rise (HEATED) <i>Melinda Soldan</i>
4:30-5:30 YS * Vinyasa Yoga <i>Denelle Numis</i>	5:30-6:15 MS * Best Butt Ever <i>Ailin Lian</i>	1:00-1:15 MS * Best Abs Ever <i>Darlene Powell</i>	4:30-5:20 YS * Pilates Rise <i>Jordanna Dworkin</i>	5:30-6:20 MS * Best Butt Ever <i>Garrett Kale</i>	12:15-1:30 YS * Vinyasa Yoga (HEATED) <i>Warren Lange</i>	1:30-2:30 YS * Vinyasa Yoga <i>Melinda Soldan</i>
4:45-5:30 MS * Rounds: Boxing <i>Rick Garcia</i>	5:30-6:15 TR * Precision Run® <i>MC</i>	4:30-5:30 YS * Vinyasa Yoga <i>Denelle Numis</i>	5:30-6:30 MS * Switch Up: Run + Strength <i>Garrett Kale MC</i>	5:30-6:30 MS * Power Vinyasa (HEATED) <i>Warren Lange</i>	12:30-1:15 MS * MetCon3 <i>Chris Turner</i>	3:00-3:45 MS * Stronger <i>Jomar Tagatac</i>
5:00-5:30 TR * Precision Run 30 <b>Sally French</b>	5:45-6:30 CS * <b>Beats Ride</b> <b>Mario Godiva</b>	4:45-5:35 MS * Ropes and Rowers <i>Chris Turner</i>	5:45-6:30 CS * Cycle Power <i>Malcolm Eaton</i>	5:30-6:30 YS * Power Vinyasa (HEATED) <i>Warren Lange</i>	1:20-1:50 MS * Best Abs Ever <i>Chris Turner</i>	4:00-4:45 YS * Sonic Meditation <b>Mary Hayano</b>
5:15-6:00 CS * <b>Beats Ride</b> <b>Spencer Lee</b>	5:45-6:45 YS * Power Vinyasa (HEATED) <i>Gustavo Rearte</i>	5:00-5:30 TR * Precision Run 30 <b>Mark Protacio</b>	5:45-6:45 MS * Vinyasa Yoga (HEATED) <i>Ryan Gerard</i>	5:30-6:30 MS * Power Vinyasa (HEATED) <i>Warren Lange</i>	2:00-3:00 YS * Weekend Wind Down Yoga <i>Steven Andrew</i>	
5:45-6:30 MS * Stronger <i>Sally French</i>	6:30-7:15 MS * Cardio Dance <i>Kenny Walter</i>	5:15-6:00 CS * <b>Beats Ride</b> <b>Vince Mendoza</b>	6:45-7:30 MS * Cardio Dance <i>Brendan Simon</i>			
6:00-6:45 YS * Power Vinyasa (HEATED) <i>Haley Havelock</i>	7:15-8:00 YS * Sculpted Yoga™ <i>Kate Wiles</i>	5:45-6:30 MS * Stacked <i>Mark Protacio</i>	7:15-8:00 YS * Yin Yoga (HEATED) <i>Steven Andrew</i>			
6:30-7:15 CS * <b>Beats Ride</b> <b>Ashley Chin</b>	7:30-8:15 MS * Stronger <i>Mark Protacio</i>	6:00-6:50 YS * Pilates Rise (HEATED) <i>Kate Wiles</i>				
6:45-7:35 MS * Whipped! <i>MC</i>		6:30-7:20 CS * Special Preview: Precision Ride <i>Chris Turner</i>				
7:15-8:15 YS * Slow Flow Yoga <i>Mary Hayano</i>		6:45-7:30 MS * MetCon3 <i>Ailin Lian</i>				
		7:15-8:00 YS * Power Vinyasa (HEATED) <i>Gustavo Rearte</i>				

# EQUINOX

## VAN MISSION

1560 Mission 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

michael.calawerts@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.

**Cycle Power** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

**Special Preview: 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.

**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** 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.

**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.

**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.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

**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.

**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.

**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.

**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.

## 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 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.

## 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.

## 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.

**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.

**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.

## Stretch and Recovery

**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.

**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.