



The Wellness Committee of the Bar Association of San Francisco presents

# Pilates Rise at Equinox

The Bar Association of San Francisco invites you to a much-needed mental reset and physical recharge at a Pilates class at Equinox! Take this opportunity to sculpt your core, glutes, and full body with classical sequences for a transformative Pilates experience and connect with fellow legal professional. All levels welcome.

Your registration includes a complimentary 2-day access to Equinox Beale Street - come early or stay after class to enjoy the club's luxury amenities:

- State-of-the-art cardio and strength equipment
- Steam room and sauna
- Spa-like locker rooms with eucalyptus towels and Le Labo products
- Smoothie and juice shop
- Lounge areas and Wi-Fi if you need to catch up on work or just unwind

Space is limited. Pre-registration is required.

**Date:** Wednesday, May 6, 2026

**Time:** 3:00 - 4:00 p.m.

**Location:**

Equinox Beale Street  
320 Mission Street  
San Francisco, CA

**What to bring:** All amenities provided. Please bring a form of ID for checking in.

**What to wear:** Comfortable clothes

**Cost:**

FREE for BASF Members

\$50 All Others (or join BASF and attend for FREE)

*All prices increase \$10 on the day of the program.*

Interested in sponsoring? Contact [events@sfbar.org](mailto:events@sfbar.org).