

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS* Athletic Conditioning <i>Danielle Hopkins</i>	6:30-7:15 CS* Beats Ride <i>Blake Saksa</i>	6:15-7:00 MS* <b>Stronger Women</b> <i>Jean Ries</i>	6:30-7:15 CS* Beats Ride <i>Blake Saksa</i>	6:15-7:00 YS* Barefoot Sculpt (Heated) <i>Jean Ries</i>	8:15-9:15 YS* True Barre <i>Priscilla Chung</i>	8:30-9:30 YS* Sunrise Vinyasa Yoga <i>Valerie Wong</i>
7:15-8:15 YS* <b>Power Vinyasa (Heated)</b> <i>Brent Kirk</i>	7:30-8:15 MS* Athletic Conditioning <i>Blake Saksa</i>	7:15-8:00 YS* True Barre: Bala Bangle <i>Jean Ries</i>	7:00-7:50 TR* Precision Run® <i>Gabby Snyder</i>	8:30-9:15 MS* TRX Max <i>Kevin Defro</i>	8:30-9:15 MS* Stacked <i>Blake Saksa</i>	9:30-10:15 MS* Whipped! <i>Team Equinox</i>
8:30-9:15 MS* Stacked <i>Jean Ries</i>	8:30-9:20 MS* Stronger Women <i>Priscilla Chung</i>	8:30-9:15 MS* <b>Cardio Sculpt</b> <i>Brent Kirk</i>	7:30-8:15 MS* TRX Max <i>Blake Saksa</i>	8:45-9:45 MS* Power Vinyasa (Heated) <i>Brent Kirk</i>	8:45-9:35 TR* Precision Run® <i>Gabby Snyder</i>	9:45-10:30 YS* Barefoot Sculpt (Heated) <i>Jean Ries</i>
8:45-9:45 YS* Pilates at the Barre <i>Priscilla Chung</i>	9:45-10:35 YS* Pilates Rise <i>Priscilla Chung</i>	8:45-9:45 YS* Vinyasa Yoga (Heated) <i>Jackie Kong</i>	8:30-9:15 MS* Stronger <i>Blake Saksa</i>	9:00-9:45 CS* Beats Ride <i>Ama Daetz</i>	9:30-10:15 CS* Anthem Ride <i>Rachele Pojednic</i>	10:30-11:00 MS* Upper Body Pump <i>Alyssa Jacobson</i>
9:30-10:15 CS* Beats Ride <i>Alyssa Jacobson</i>	10:30-11:15 MS* TRX Max <i>Kevin Defro</i>	9:30-10:20 CS* Precision Ride <i>Alex Gould</i>	9:45-10:45 YS* Sculpted Yoga™ <i>Gabby Snyder</i>	9:45-10:15 MS* <b>Upper Body Pump</b> <i>Alyssa Jacobson</i>	9:30-10:30 YS* Vinyasa Yoga <i>Valerie Wong</i>	10:45-11:45 YS* True Barre <i>Nicole Maddox</i>
9:45-10:15 MS* Best Butt Ever <i>Gabby Snyder</i>	12:00-1:00 YS* True Barre <i>Kelly McLellan</i>	9:45-10:30 MS* Stronger <i>Gabby Snyder</i>	10:30-11:15 MS* <b>Body Sculpt</b> <i>Priscilla Chung</i>	10:15-10:45 MS* <b>Best Abs Ever</b> <i>Alyssa Jacobson</i>	9:45-10:30 MS* Stronger <i>Blake Saksa</i>	11:00-11:30 MS* Best Butt Ever <i>Alyssa Jacobson</i>
10:15-10:30 MS* Upper Body Pump <i>Gabby Snyder</i>	4:00-4:50 YS* Pilates at the Barre <i>Kelly McLellan</i>	10:30-11:30 YS* True Barre <i>Priscilla Chung</i>	12:00-1:00 YS* Pilates at the Barre <i>Priscilla Chung</i>	11:30-12:15 MS* Stronger <i>Angeline DeLaurentis</i>	10:30-10:45 MS* Best Abs Ever <i>Blake Saksa</i>	11:15-12:00 PD* Swim: Skills + Drills <i>Kim Wong</i>
10:30-10:45 MS* Best Abs Ever <i>Gabby Snyder</i>	5:00-5:45 YS* <b>True Barre</b> <i>Nicole Maddox</i>	12:00-1:00 YS* Vinyasa Yoga <i>Edwina Ferro</i>	4:00-4:45 YS* True Barre: Bala Bangle <i>Kelly McLellan</i>	12:00-12:50 YS* <b>Pilates Mat</b> <i>Roxanne Gao</i>	10:45-11:30 YS* Barefoot Sculpt <i>Brent Kirk</i>	4:00-5:00 YS* Weekend Wind Down Yoga <i>Carol Allison</i>
10:30-11:15 YS* Pilates Mat <i>Anna Bye</i>	5:15-6:00 MS* MetCon3 <i>Luis Ortiz Munoz</i>	4:00-4:45 YS* Barefoot Sculpt (Heated) <i>Juliana Maldonado</i>	5:00-5:45 YS* Best Stretch Ever (Heated) <i>Juliana Maldonado</i>	4:00-5:00 YS* Vinyasa Yoga (Heated) <i>Barry Au-Yeung</i>	11:00-11:45 PD* Swim: Basics <i>Kim Wong</i>	
12:00-1:00 YS* Vinyasa Yoga <i>Anna Bye</i>	6:00-7:00 YS* Power Vinyasa (Heated) <i>Juliana Maldonado</i>	4:30-5:00 TR* Precision Run 30 <i>Priscilla Chung</i>	5:15-6:00 MS* Stacked <i>Alyssa Jacobson</i>	4:30-5:15 MS* Best Butt Ever <i>Blake Saksa</i>	11:45-12:45 MS* Cardio Dance <i>Jade McMartin</i>	
4:00-4:50 YS* Pilates Rise (Heated) <i>Priscilla Chung</i>	6:15-7:00 CS* Beats Ride <i>Luis Ortiz Munoz</i>	5:00-6:00 YS* Vinyasa Yoga <i>Edwina Ferro</i>	6:00-7:00 YS* Vinyasa Yoga <i>Tony Irwin</i>	5:15-6:00 YS* True Barre <i>Nicole Maddox</i>	4:00-5:00 YS* Slow Flow Yoga <i>Barry Au-Yeung</i>	
4:30-5:00 TR* Precision Run 30 <i>Gabby Snyder</i>	6:30-7:00 MS* Upper Body Pump <i>Alyssa Jacobson</i>	5:15-6:00 MS* Athletic Conditioning <i>Blake Saksa</i>	6:15-7:00 CS* Beats Ride <i>Alyssa Jacobson</i>	5:30-6:15 MS* Cardio Dance <i>Brendan Simon</i>		
5:00-6:00 YS* Vinyasa Yoga <i>Edwina Ferro</i>	7:00-7:30 MS* Best Butt Ever <i>Alyssa Jacobson</i>	6:15-7:00 YS* Pilates Fusion (Heated) <i>Anna Bye</i>	7:15-8:00 YS* Sonic Meditation <i>Tony Irwin</i>			
5:15-6:00 MS* Stronger <i>Gabby Snyder</i>	7:15-8:00 YS* Yin Yoga <i>Jackie Kong</i>	6:30-7:15 MS* Cardio Dance <i>Tee Ward</i>				
5:30-6:15 CS* Beats Ride <i>Alyssa Jacobson</i>		7:15-8:00 YS* Best Stretch Ever (Heated) <i>Anna Bye</i>				
6:15-7:00 YS* True Barre <i>Nicole Maddox</i>						
6:30-7:15 MS* Cardio Dance <i>Anelisse Peterson</i>						
7:15-8:00 YS* Best Stretch Ever (Heated) <i>Juliana Maldonado</i>						

# EQUINOX

## SAN MATEO

4 East 4th Avenue

SAN MATEO CA 94401

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 09:00 PM

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

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

**Kids**

**MON-SAT** 08:00 AM 12:00 PM

**GROUP FITNESS MANAGER**

priscilla.chung@equinox.com

**SIGNATURE CLASSES.**

**ACCLAIMED INSTRUCTORS.**

**TRANSFORMED BODIES.**

**STUDIO KEY**

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

**CLASS LEVEL GUIDE**

**(All levels welcome unless otherwise noted.)**

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**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.



## 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.

**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.

**Sunrise Vinyasa Yoga** Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

**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.

**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.

**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.

**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

**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.

**True Barre: Bala Bangle** This sculpt 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.



## 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.



## Swim

**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.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.



## Regeneration

**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

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.



## Strength

**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.

**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.

**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.

**Stronger Women** Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all. An Equinox exclusive.

**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.