

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

EQUINOX

SAN MATEO

4 East 4th Avenue

SAN MATEO CA 94401

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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 + Strength A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.

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.



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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.