

EQUNOX

SAN MATEO

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time

***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 Athletic Conditioning MS * <i>Danielle Hopkins</i> 7:15-8:00 True Barre YS * <i>Jean Ries</i> 8:30-9:15 Stacked MS * <i>Jean Ries</i> 8:45-9:45 Pilates at the Barre YS * <i>Priscilla Chung</i> 9:30-10:15 Beats Ride CS * <i>Alyssa Jacobson</i> 9:45-10:15 Best Butt Ever MS * <i>Gabby Snyder</i> 10:15-10:30 Upper Body Pump MS * <i>Gabby Snyder</i> 10:30-10:45 Best Abs Ever MS * <i>Gabby Snyder</i> 10:30-11:15 Pilates Mat YS * <i>Anna Bye</i> 12:00-1:00 Vinyasa Yoga YS * <i>Anna Bye</i> 4:00-4:50 Pilates Rise (Heated) YS * <i>Priscilla Chung</i> 4:15-5:00 Core6 MS * <i>Edgardo Villanueva</i> 4:30-5:00 Precision Run 30 TR * <i>Gabby Snyder</i> 5:00-6:00 Vinyasa Yoga YS * <i>Edwina Ferro</i> 5:15-6:00 Stronger MS * <i>Gabby Snyder</i> 5:30-6:15 Beats Ride CS * <i>Alyssa Jacobson</i> 6:15-7:00 True Barre YS * <i>Nicole Maddox</i> 6:30-7:15 Cardio Dance MS * <i>Jade McMartin</i> 7:15-8:00 Best Stretch Ever (Heated) YS * <i>Juliana Maldonado</i>	6:30-7:15 Beats Ride CS * <i>Blake Saksa</i> 7:30-8:15 Athletic Conditioning MS * <i>Blake Saksa</i> 8:30-9:15 Limited Series: Stronger Women Priscilla Chung MS * <i>MetCon3</i> 9:45-10:35 Pilates Rise Priscilla Chung 10:30-11:15 TRX Max MS * <i>Kevin Defro</i> 12:00-12:45 True Barre: Bala Bangle Kelly McLellan YS * <i></i> 4:00-4:50 Pilates at the Barre YS * <i>Kelly McLellan</i> 5:00-5:45 Barefoot Sculpt YS * <i>Nicole Maddox</i> 5:15-6:00 MetCon3 MS * <i>Luis Ortiz Munoz</i> 6:00-7:00 Power Vinyasa (Heated) YS * <i>Juliana Maldonado</i> 6:15-7:00 Beats Ride CS * <i>Luis Ortiz Munoz</i> 6:30-7:00 Upper Body Pump MS * <i>Alyssa Jacobson</i> 7:00-7:30 Best Butt Ever MS * <i>Alyssa Jacobson</i> 7:15-8:00 Yin Yoga YS * <i>Jackie Kong</i> 6:15-7:00 Stronger MS * <i>Gabby Snyder</i> 6:30-7:15 Beats Ride YS * <i>Blake Saksa</i> 7:15-8:00 Best Stretch Ever (Heated) YS * <i>Anna Bye</i>	6:15-7:00 Stronger MS * <i>Jean Ries</i> 7:15-8:00 Barefoot Sculpt (Heated) YS * <i>Blake Saksa</i> 8:30-9:15 Precision Run® TR * <i>Gabby Snyder</i> 9:30-8:15 Body Sculpt MS * <i>Blake Saksa</i> 10:30-9:45 Stronger MS * <i>Blake Saksa</i> 11:15-11:30 Best Abs Ever MS * <i>Priscilla Chung</i> 12:00-1:00 Vinyasa Yoga MS * <i>Edwina Ferro</i> 4:00-4:45 Barefoot Sculpt (Heated) YS * <i>Juliana Maldonado</i> 4:30-5:00 Precision Run 30 TR * <i>Priscilla Chung</i> 5:00-6:00 Vinyasa Yoga MS * <i>Edwina Ferro</i> 5:15-6:00 Athletic Conditioning MS * <i>Blake Saksa</i> 6:15-7:00 Pilates Fusion (Heated) MS * <i>Anna Bye</i> 6:30-7:15 Cardio Dance MS * <i>Tee Ward</i> 7:15-8:00 Best Stretch Ever (Heated) YS * <i>Anna Bye</i>	6:15-7:00 Barefoot Sculpt (Heated) YS * <i>Jean Ries</i> 8:30-9:15 TRX Max MS * <i>Kevin Defro</i> 9:45-9:45 Power Vinyasa (Heated) YS * <i>Brent Kirk</i> 10:45-11:15 Best Butt Ever MS * <i>Priscilla Chung</i> 11:15-11:30 Best Abs Ever MS * <i>Priscilla Chung</i> 12:30-1:15 Pilates at the Barre MS * <i>Priscilla Chung</i> 4:00-5:00 Vinyasa Yoga (Heated) MS * <i>Barry Au-Yeung</i> 5:00-5:45 Best Butt Ever MS * <i>Blake Saksa</i> 5:15-6:00 True Barre MS * <i>Nicole Maddox</i> 6:15-7:00 Beats Ride MS * <i>Alyssa Jacobson</i> 7:15-8:00 Sonic Meditation MS * <i>Tony Irwin</i>	8:15-9:15 True Barre YS * <i>Priscilla Chung</i> 9:30-9:15 Stacked MS * <i>Blake Saksa</i> 10:45-9:35 Precision Run® TR * <i>Gabby Snyder</i> 11:30-10:15 Anthem Ride CS * <i>Rachele Pojednic</i> 12:00-12:45 Pilates Fusion Carolyn McPherson 12:30-1:15 Stronger MS * <i>Angeline DeLaurentis</i> 4:00-5:00 Vinyasa Yoga (Heated) MS * <i>Barry Au-Yeung</i> 5:00-5:45 Best Butt Ever MS * <i>Blake Saksa</i> 5:15-6:00 True Barre MS * <i>Nicole Maddox</i> 6:15-7:00 Beats Ride MS * <i>Alyssa Jacobson</i> 7:15-8:00 Sonic Meditation MS * <i>Tony Irwin</i>	8:30-9:30 Sunrise Vinyasa Yoga YS * <i>Valerie Wong</i> 9:15-10:00 Whipped! Danielle Hopkins 9:45-10:30 Barefoot Sculpt (Heated) YS * <i>Jean Ries</i> 10:30-11:00 Upper Body Pump MS * <i>Alyssa Jacobson</i> 10:45-11:45 True Barre YS * <i>Nicole Maddox</i> 11:00-11:30 Best Butt Ever MS * <i>Alyssa Jacobson</i> 11:15-12:00 Swim: Skills + Drills Kim Wong 11:15-12:00 PD * 4:00-5:00 Weekend Wind Down Yoga Carol Allison	11:45-12:40 Cardio Dance Jade McMartin 4:00-5:15 Slow Flow Yoga Barry Au-Yeung YS *

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUNOX

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.

THEME RIDE: Bad Bunny A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports you every movement inside and outside the club. 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.

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.

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.

Limited Series: Stronger Women Introducing 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.

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.

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.