

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * <b>MetCon Monday</b> <b>Claudia Ossa</b>	6:15-7:00 MS * Core6 <i>Riana Hanle</i>	6:00-6:45 CL * Circuit Training <i>Travis Russo</i>	6:15-7:00 MS * Stronger <i>Angela Tye</i>	6:00-6:45 CS * <b>Beats Ride</b> <b>Mason Denham</b>	7:10-7:55 CL * Circuit Training <i>Travis Russo</i>	7:45-8:30 MS * <b>Rhythmic Sculpt</b> <b>Emma Simões</b>
6:30-7:15 YS * Barefoot Sculpt (Heated) <i>Taylor K</i>	8:30-9:15 BA * <b>True Barre</b> <b>Chandler Richards</b>	6:30-7:15 YS * Pilates Fusion (Heated) <i>Tera Riddle</i>	8:30-9:15 YS * Slow Flow Yoga <i>Rebekah Faust</i>	6:30-7:15 YS * Barefoot Sculpt (Heated) <i>Riana Hanle</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Kaitie Parfitt</i>	8:00-9:00 YS * Gentle Yoga <i>Delia Cooper</i>
7:15-8:00 CS * Beats Ride <i>Darren Bonilla</i>	8:45-9:35 MS * Rhythmic Sculpt <i>Kaitie Parfitt</i>	7:15-8:00 CS * <b>Beats Ride</b> <b>Sarah Soptic</b>	8:45-9:35 MS * Stronger <i>Chandler Richards</i>	7:15-8:00 CS * Anthem Ride <i>Darren Bonilla</i>	8:15-9:00 BA * True Barre: Bala Bangle <i>Whitney Kessler</i>	8:30-9:00 MS * <b>Best Abs Ever</b> <b>Emma Simões</b>
8:15-9:00 MS * Limited Series: Stronger Women <i>Kaitie Parfitt</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Darren Bonilla</i>	8:15-9:00 MS * Best Butt Ever <i>Mason Denham</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Angela Tye</i>	8:15-9:00 MS * Best Butt Ever <i>Mason Denham</i>	8:30-9:20 PD * Swim: Skills + Drills <i>Kim Wong</i>	8:30-9:20 PD * Swim: Basics <i>Kim Wong</i>
9:00-9:45 BA * Pilates Mat <i>Chandler Richards</i>	9:45-10:35 BA * Pilates at the Barre <i>Kathe Oster</i>	9:00-9:45 BA * <b>True Barre</b> <b>Sarah Soptic</b>	9:45-10:35 BA * Pilates at the Barre <i>Mandy Limbach</i>	9:00-9:45 BA * Pilates Mat <i>Mandy Limbach</i>	9:00-9:45 CS * Beats Ride <i>Sasha Wootton</i>	8:45-9:35 BA * Pilates at the Barre <i>Sallie Kinser</i>
9:15-10:00 CS * Anthem Ride <i>Jennifer Fernandes</i>	10:00-10:30 MS * Lower Body Blast <i>Chandler Richards</i>	9:15-10:00 MS * <b>Beats Ride</b> <b>Tera Riddle</b>	10:00-10:50 MS * 360 Strength <i>Kaitie Parfitt</i>	9:15-10:00 CS * Anthem Ride <i>Jennifer Fernandes</i>	9:15-10:00 MS * Stacked <i>Zeba Kamin</i>	9:15-10:00 CS * Beats Ride <i>Chandler Richards</i>
9:15-10:00 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>	10:15-11:00 CS * Beats Ride <i>Darren Bonilla</i>	9:15-10:00 MS * Core6 <i>Zeba Kamin</i>	10:15-11:00 CS * Anthem Ride <i>Jennifer Fernandes</i>	9:15-10:05 MS * Limited Series: Stronger Women <i>Angela Tye</i>	9:30-10:30 YS * Vinyasa Yoga <i>Tiffany Sun</i>	9:30-10:20 MS * Whipped! <i>Jennifer Chung</i>
10:10-11:10 YS * Vinyasa Yoga <i>Nicole Harrow</i>	10:30-11:00 MS * Upper Body Pump <i>Chandler Richards</i>	10:10-11:10 YS * Vinyasa Yoga <i>Tiffany Sun</i>	11:00-11:45 YS * <b>Power Vinyasa (Heated)</b> <b>Delia Cooper</b>	10:10-11:10 YS * <b>Gentle Yoga</b> <b>Nicole Harrow</b>	9:45-10:35 BA * Pilates Rise <i>Whitney Kessler</i>	10:00-11:00 YS * Vinyasa Yoga (Heated) <i>Judy Rukat</i>
10:15-11:00 BA * True Barre <i>Sallie Kinser</i>	11:00-11:45 YS * <b>Barefoot Sculpt (Heated)</b> <b>Jennifer Chung</b>	10:15-11:00 BA * Pilates Rise <i>Judy Rukat</i>	11:15-12:00 MS * Rhythmic Sculpt <i>Kaitie Parfitt</i>	10:15-11:00 BA * True Barre <i>Robin Bonaso</i>	10:15-11:00 CS * Beats Ride <i>Darren Bonilla</i>	10:15-11:00 BA * True Barre <i>Chandler Richards</i>
10:30-11:20 MS * Whipped! <i>Jennifer Fernandes</i>	11:15-12:00 MS * Core6 <i>Tera Riddle</i>	10:30-11:20 MS * Stronger <i>Chandler Richards</i>	12:30-1:15 YS * Sonic Meditation <i>Roberta Foster</i>	10:30-11:20 MS * Whipped! <i>Jennifer Fernandes</i>	10:30-11:20 MS * Stronger <i>Kaitie Parfitt</i>	10:35-11:25 MS * Stronger <i>Whitney Kessler</i>
12:00-12:45 YS * Pilates Fusion (Heated) <i>Chandler Richards</i>	12:15-1:00 YS * Best Stretch Ever (Heated) <i>Caramia Tambornino</i>	12:00-12:45 YS * Pilates Fusion (Heated) <i>Darren Bonilla</i>	1:45-2:30 CL * Circuit Training <i>Travis Russo</i>	11:45-12:45 YS * Athletic Stretch (Heated) <i>Sallie Kinser</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Judy Rukat</i>	11:45-12:35 BA * Pilates Rise <i>Whitney Kessler</i>
1:15-2:00 YS * Sonic Meditation <i>Roberta Foster</i>	1:45-2:30 CL * Circuit Training <i>Travis Russo</i>	4:00-4:45 BA * True Barre <i>Chandler Richards</i>	4:15-5:00 BA * Rhythmic Sculpt <i>Kaitie Parfitt</i>	12:00-12:45 BA * True Barre <i>Chandler Richards</i>	11:20-11:50 MS * Best Abs Ever <i>Kaitie Parfitt</i>	12:00-1:00 YS * <b>Yin Yoga + Sound Meditation</b> <b>Kimberly Peña</b>
4:00-4:45 BA * True Barre <i>Tera Riddle</i>	4:00-4:50 MS * Stronger <i>Kaitie Parfitt</i>	4:00-4:45 BA * True Barre <i>Chandler Richards</i>	4:15-5:00 MS * Rhythmic Sculpt <i>Kaitie Parfitt</i>	12:15-1:00 BA * True Barre <i>Chandler Richards</i>	12:15-1:00 YS * Pilates Fusion (Heated) <i>Tera Riddle</i>	
4:15-5:00 MS * MetCon Monday <i>Kaitie Parfitt</i>	4:15-5:00 BA * Pilates Mat <i>Whitney Kessler</i>	4:15-5:00 MS * Rhythmic Sculpt <i>Kaitie Parfitt</i>	5:00-5:50 BA * Pilates Rise <i>Whitney Kessler</i>	12:15-1:00 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>	1:30-2:30 YS * Weekend Wind Down Yoga <i>Kimberly Peña</i>	
5:00-5:45 BA * Pilates Mat <i>Tera Riddle</i>	4:30-5:15 YS * Pilates Fusion (Heated) <i>Darren Bonilla</i>	5:00-5:50 BA * Pilates Rise <i>Whitney Kessler</i>	5:30-6:20 BA * Pilates at the Barre <i>Sallie Kinser</i>	4:15-5:00 MS * Stronger <i>Angela Tye</i>		
5:15-6:00 CS * <b>Beats Ride</b> <b>Kristy Appleton</b>	5:30-6:15 BA * True Barre <i>Tera Riddle</i>	5:30-6:20 MS * 360 Strength <i>Kaitie Parfitt</i>	5:30-6:15 MS * Core6 <i>Zeba Kamin</i>	4:30-5:30 YS * Slow Flow Yoga <i>Jennifer Miller</i>		
5:30-6:15 MS * Stronger <i>Angela Tye</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Kaitie Parfitt</i>	5:45-6:45 YS * Vinyasa Yoga <i>Caramia Tambornino</i>	6:00-7:00 YS * Vinyasa Yoga <i>Malia Hill</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Kevin Wong</i>		
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	7:15-8:15 YS * <b>Yin Yoga</b> <b>Roberta Foster</b>	7:15-8:00 YS * Sonic Meditation <i>Caramia Tambornino</i>				

# EQUINOX

## SAN RAMON

6000 Bollinger Canyon Road

SAN RAMON CA 94583

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-SUN** 08:00 AM 12:00 PM

## GROUP FITNESS MANAGER

chandler.richards@equinox.com

## SIGNATURE CLASSES.

**ACCLAIMED INSTRUCTORS.**

**TRANSFORMED BODIES.**

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**BA** Barre Studio

**TR** Treadmill Area

**PD** Pool Deck

**CL** Club Lobby

## 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.

## **Running**

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## **Yoga**

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**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.

**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.

**Yin Yoga + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

## **Hiit**

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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 your every movement inside and outside the club. 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.

**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.

**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: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

## **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**

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

## **Strength**

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, VIPR, and dynamic full-body exercises. An Equinox exclusive.

**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.