

EQUINOX

SAN RAMON

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

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

EQUNOX

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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

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 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.

Hiit

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling through 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

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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.

Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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, low-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.