

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

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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-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.

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

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.

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

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

Hydro Athlete An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

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.



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

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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

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.