EQUINOX **SAN RAMON**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:00-6:45 CL *	**Circuit Training** ***Darren Bonilla***
6:30-7:15 YS *	**Barefoot Sculpt: The Ring (Heated)** ***Nicole Harrow***
7:15-8:00 CS *	Beats Ride *Darren Bonilla*
8:15-9:00 MS *	Stronger Women *Kaitie Parfitt*
9:00-9:45 BA *	Pilates Mat *Chandler Richards*
9:15-10:00 CS *	Anthem Ride *Jennifer Fernandes*
9:15-10:00 MS *	Cardio Dance: Zumba® *Claudia Ossa*
10:10-11:10 YS *	Tai Chi *Sally Jermain*
10:15-11:00 BA *	True Barre *Sallie Kinser*
10:30-11:20 MS *	Circuit Training *Jennifer Fernandes*
12:00-12:45 YS *	Pilates Fusion (Heated) *Chandler Richards*
1:15-2:00 YS *	Sonic Meditation *Roberta Foster*
4:00-4:45 BA *	True Barre *Taylor K*
4:15-5:00 MS *	MetCon Monday *Kaitie Parfitt*
5:00-5:45 BA *	Pilates Rise *Tera Riddle*
5:15-6:00 CS *	Beats Ride *Kristy Appleton*
5:30-6:15 MS *	Stronger *Angela Tye*
5:45-6:30 YS *	**Barefoot Sculpt: The Ring (Heated)** ***Taylor K***
6:15-7:05 BA *	Pilates at the Barre *Kathe Oster*
6:45-7:30 MS *	Body Sculpt *Emma Ibanez*
7:00-8:00 YS *	Vinyasa Yoga (Heated) *Malia Hill*

TUESDAY

6:15-7:00 MS *	Leg Day *Riana Hanle*
8:30-9:15 YS *	Pilates Fusion (Heated) *Chandler Richards*
8:45-9:35 MS *	Rhythmic Sculpt *Kaitie Parfitt*
9:00-9:45 TR *	Precision Walk: Elevate *Darren Bonilla*
9:45-10:35 BA *	Pilates at the Barre *Kathe Oster*
10:00-10:30 MS *	**Best Butt Ever** ***Chandler Richards***
10:15-11:00 CS *	Beats Ride *Darren Bonilla*
10:30-10:45 MS *	Upper Body Pump *Chandler Richards*
11:15-12:00 YS *	Barefoot Sculpt: The Ring (Heated) *Tera Riddle*
11:30-12:20 PD *	**Swim: Basics** ***Chandler Richards***
12:30-1:30 YS *	**Yin Yoga + Sound Meditation** ***Caramia Tambornino***
1:45-2:30 MS *	Leg Day *Travis Russo*
4:00-4:50 MS *	Ropes and Rowers *Kaitie Parfitt*
4:15-5:00 BA *	Pilates Mat *Whitney Kessler*
4:30-5:15 YS *	Pilates Fusion (Heated) *Darren Bonilla*
5:30-6:15 BA *	True Barre *Talia*
5:30-6:15 MS *	Rhythmic Sculpt *Kaitie Parfitt*
5:45-6:45 YS *	Power Vinyasa (Heated) *Malia Hill*
6:30-7:15 CS *	Beats Ride *Darren Bonilla*
6:45-7:15 MS *	**Best Butt Ever** ***Angela Tye***
7:15-7:45 MS *	**Best Abs Ever** ***Angela Tye***
7:15-8:15 YS *	Yin Yoga *Caramia Tambornino*

WEDNESDAY

6:00-6:45 CL *	Circuit Training *Travis Russo*
6:30-7:15 YS *	Pilates Fusion (Heated) *Tera Riddle*
8:10-9:00 MS *	**Switch Up: Run + Strength** ***Darren Bonilla Tera Riddle***
9:00-9:45 BA *	True Barre *Sarah Soptic*
9:15-10:00 CS *	Anthem Ride *Jennifer Fernandes*
9:15-10:00 MS *	Leg Day *Zeba Kamin*
10:10-11:10 YS *	Vinyasa Yoga *Tiffany Sun*
10:15-11:00 BA *	Pilates Rise *Tera Riddle*
10:30-11:20 MS *	Stronger *Chandler Richards*
12:00-12:45 YS *	Pilates Fusion (Heated) *Darren Bonilla*
4:00-4:45 BA *	True Barre *Chandler Richards*
4:15-5:00 MS *	Rhythmic Sculpt *Kaitie Parfitt*
5:00-5:50 BA *	Pilates Rise *Whitney Kessler*
5:30-6:15 MS *	360 Strength *Kaitie Parfitt*
5:45-6:45 YS *	Vinyasa Yoga *Caramia Tambornino*
6:15-7:00 BA *	True Barre: Bala Bangle *Whitney Kessler*
6:45-7:30 MS *	Cardio Dance: Zumba® *Claudia Ossa*
7:15-8:00 YS *	Sonic Meditation *Caramia Tambornino*

THURSDAY

6:15-7:00 MS *	Stronger *Angela Tye*
8:30-9:15 YS *	Pilates Fusion (Heated) *Tera Riddle*
8:45-9:35 MS *	Stronger *Chandler Richards*
9:00-9:45 TR *	Precision Walk: Elevate *Angela Tye*
9:45-10:35 BA *	Pilates at the Barre *Mandy Limbach*
10:00-10:50 MS *	360 Strength *Kaitie Parfitt*
10:15-11:00 CS *	Beats Ride *Tera Riddle*
11:15-12:00 MS *	Rhythmic Sculpt *Kaitie Parfitt*
11:30-12:20 PD *	**Swim: Skills + Drills (L1)** ***Taylor K***
12:30-1:15 YS *	Sonic Meditation *Roberta Foster*
1:45-2:30 CL *	Circuit Training *Travis Russo*
4:00-4:50 MS *	Rounds: Boxing *Philip Kilmer*
4:15-5:00 BA *	True Barre *Sallie Kinser*
4:30-5:15 YS *	Pilates Fusion (Heated) *Whitney Kessler*
5:30-6:20 BA *	Pilates at the Barre *Sallie Kinser*
5:30-6:15 MS *	Leg Day *Zeba Kamin*
5:45-6:45 YS *	Tai Chi *Sally Jermain*
6:30-7:15 CS *	Beats Ride *Darren Bonilla*

FRIDAY

6:00-6:45 MS *	Stacked *Darren Bonilla*
6:30-7:15 YS *	Barefoot Sculpt: The Ring (Heated) *Riana Hanle*
7:15-8:00 CS *	Anthem Ride *Darren Bonilla*
8:15-9:00 MS *	Best Butt Ever *Angela Tye*
9:00-9:45 BA *	Pilates Mat *Mandy Limbach*
9:15-10:00 CS *	Beats Ride *Jennifer Fernandes*
9:15-10:05 MS *	Stronger Women *Angela Tye*
10:10-11:10 YS *	Gentle Yoga *Nicole Harrow*
10:15-11:00 BA *	True Barre *Robin Bonaso*
10:30-11:20 MS *	Whipped! *Jennifer Fernandes*
11:45-12:45 YS *	Athletic Stretch (Heated) *Sallie Kinser*
12:00-12:45 BA *	True Barre *Chandler Richards*
12:15-1:00 MS *	Cardio Dance: Zumba® *Claudia Ossa*
4:15-5:00 MS *	Stronger *Angela Tye*
5:10-6:00 YS *	Gentle Yoga *Delia Cooper*

SATURDAY

7:10-7:55 CL *	Circuit Training *Whitney Kessler*
8:00-8:45 MS *	Rhythmic Sculpt *Kaitie Parfitt*
8:10-8:55 BA *	True Barre: Bala Bangle *Whitney Kessler*
8:30-9:20 PD *	Swim: Skills + Drills *Kim Wong*
9:00-9:45 CS *	Beats Ride *Sasha Wootton*
9:15-10:00 MS *	Stacked *Zeba Kamin*
9:30-10:30 YS *	Vinyasa Yoga *Tiffany Sun*
9:45-10:35 BA *	Pilates Rise *Tera Riddle*
10:15-11:00 CS *	Beats Ride *Darren Bonilla*
10:30-11:20 MS *	Stronger *Kaitie Parfitt*
10:45-11:45 YS *	Athletic Stretch (Heated) *Jennifer Miller*
11:20-11:50 MS *	Best Abs Ever *Kaitie Parfitt*
12:15-1:00 YS *	Pilates Fusion (Heated) *Tera Riddle*
1:30-2:30 YS *	Restorative Yoga *Kimberly Peña*

SUNDAY

8:00-8:45 MS *	Rhythmic Sculpt *Taylor K*
8:00-9:00 YS *	Gentle Yoga *Delia Cooper*
8:30-9:20 PD *	Swim: Basics *Kim Wong*
8:45-9:35 BA *	Pilates at the Barre *Sallie Kinser*
9:15-10:00 CS *	Beats Ride *Chandler Richards*
9:30-10:20 MS *	Rounds: Boxing *Philip Kilmer*
10:00-11:00 YS *	Vinyasa Yoga (Heated) *Malia Hill*
10:15-11:00 BA *	True Barre *Chandler Richards*
10:35-11:25 MS *	Leg Day *Whitney Kessler*
11:45-12:35 BA *	Pilates Rise *Whitney Kessler*
11:45-12:15 MS *	**Core6 Express** ***Riana Hanle***
12:15-12:30 MS *	**Upper Body Pump** ***Riana Hanle***
12:15-1:15 YS *	Yin Yoga + Sound Meditation *Kimberly Peña*
2:45-3:30 YS *	Barefoot Sculpt: The Ring (Heated) *Taylor K*

EQUINOX

SAN RAMON

6000 Bollinger Canyon Road

SAN RAMON CA 94583

EQUINOX.COM

@EQUINOX

MON-FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

tera.riddle@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.

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.
Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
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.
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.

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.

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: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds 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.

Sculpt

Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.
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.

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.
Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

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 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. Build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.
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.
Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

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.

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.
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.
Tai Chi A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

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.
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.