

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Rhythmic Sculpt <i>Emma Simões</i>	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>	6:30-7:15 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>	6:30-7:15 YS * Pilates Fusion (Heated) <i>Tera Riddle</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>	8:30-9:15 BA * True Barre <b><i>Rebekah Faust</i></b>	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>	8:45-9:35 MS * Stronger <i>Chandler Richards</i>	9:00-9:45 BA * Pilates Mat <i>Mandy Limbach</i>	8:30-9:20 PD * Swim: Skills + Drills <i>Kim Wong</i>	8:30-9:20 PD * Swim: Basics <i>Kim Wong</i>
9:15-10:00 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>	9:00-9:45 TR * Precision Walk: Elevate <i>Angela Tye</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>	10:00-10:30 MS * Lower Body Blast <i>Chandler Richards</i>	9:15-10:00 MS * Core6 <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>	10:15-11:00 CS * <b>Beats Ride</b> <b><i>Darren Bonilla</i></b>	10:10-11:10 YS * Vinyasa Yoga <i>Tiffany Sun</i>	10:00-10:50 MS * 360 Strength <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>	10:30-11:00 MS * Upper Body Pump <i>Chandler Richards</i>	10:15-11:00 BA * True Barre <i>Sarah Soptic</i>	11:00-11:45 YS * <b>Pilates Fusion (Heated)</b> <b><i>Delia Cooper</i></b>	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>	11:00-11:45 YS * <b>Pilates Mat (Heated)</b> <b><i>Jennifer Chung</i></b>	10:30-11:20 MS * Stronger <i>Chandler Richards</i>	11:15-12:00 MS * Rhythmic Sculpt <i>Kaitie Parfitt</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>	11:15-12:05 MS * Stronger <i>Tera Riddle</i>	12:00-12:45 YS * Pilates Fusion (Heated) <i>Darren Bonilla</i>	12:30-1:15 YS * Sonic Meditation <i>Roberta Foster</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>	12:15-1:00 YS * Best Stretch Ever (Heated) <i>Caramia Tambornino</i>	4:00-4:45 BA * <b>True Barre</b> <b><i>Chandler Richards</i></b>	1:45-2:30 CL * Circuit Training <i>Travis Russo</i>	12:00-12:45 BA * Limited Series: Stronger Women <i>Angela Tye</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>	1:45-2:30 CL * Circuit Training <i>Travis Russo</i>	4:15-5:00 MS * Rhythmic Sculpt <i>Kaitie Parfitt</i>	4:15-5:00 BA * True Barre <i>Sallie Kinser</i>	12:15-1:00 BA * Cardio Dance: Zumba® <i>Claudia Ossa</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>	4:00-4:50 MS * Stronger <i>Kaitie Parfitt</i>	4:45-5:15 CS * Beats Ride 30 <i>Kristy Appleton</i>	4:30-5:15 YS * Pilates Fusion (Heated) <i>Whitney Kessler</i>	12:15-1:00 MS * Weekend Wind Down Yoga <i>Kimberly Pena</i>	12:15-1:00 YS * <b>Pilates Fusion (Heated)</b> <b><i>Tera Riddle</i></b>	12:00-1:00 YS * Yin Yoga <i>Kimberly Pena</i>
4:15-5:00 MS * MetCon Monday <i>Kaitie Parfitt</i>	4:15-5:00 BA * Pilates Mat <i>Whitney Kessler</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>	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>	4:30-5:15 YS * Pilates Fusion (Heated) <i>Darren Bonilla</i>	5:30-6:15 MS * 360 Strength <i>Kaitie Parfitt</i>	5:30-6:15 MS * Core6 <i>Tera Riddle</i>	4:30-5:30 YS * Slow Flow Yoga <i>Jennifer Miller</i>		
5:00-5:45 BA * True Barre <i>Tera Riddle</i>	5:30-6:15 BA * True Barre <i>Jennifer Chung</i>	5:30-6:30 YS * Vinyasa Yoga <i>Caramia Tambornino</i>	6:00-7:00 YS * Vinyasa Yoga <i>Malia Hill</i>	5:00-5:45 BA * True Barre <i>Jennifer Chung</i>		
5:30-6:15 MS * Stronger <i>Angela Tye</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Kaitie Parfitt</i>	5:45-6:30 TR * Precision Walk: Elevate <i>Chandler Richards</i>	6:30-7:15 CS * Beats Ride <i>Tera Riddle</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Kevin Wong</i>		
5:30-6:30 YS * Athletic Stretch <i>Roberta Foster</i>	6:00-7:00 YS * <b>Power Vinyasa</b> <b><i>Shauna Michaels</i></b>	6:15-7:00 BA * True Barre <i>Whitney Kessler</i>				
5:45-6:30 TR * Precision Walk: Elevate <i>Kristy Appleton</i>	6:30-7:15 CS * Beats Ride <i>Darren Bonilla</i>	6:45-7:30 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>				
5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Malia Hill</i>	6:45-7:30 MS * Best Butt Ever <i>Angela Tye</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>	7:15-8:15 YS * <b>Vinyasa Yoga (Heated)</b> <b><i>Malia Hill</i></b>					

# 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.

**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 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

**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.