

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS* MetCon Monday <i>Angeline DeLaurentis</i>	6:30-7:15 CS* <b>Beats Ride</b> <b>Blake Saksa</b>	6:15-7:00 MS* Stronger <i>Jean Ries</i>	6:30-7:15 CS* <b>Beats Ride</b> <b>Blake Saksa</b>	6:15-7:00 YS* Barefoot Sculpt (HEATED) <i>Jean Ries</i>	8:15-9:15 YS* Barre <i>Priscilla Chung</i>	8:30-9:30 YS* Vinyasa Yoga <i>Valerie Wong</i>
7:15-8:00 YS* Pilates Mat (HEATED) <i>Bryoni Lawrence</i>	7:30-8:15 MS* Athletic Conditioning <b>Blake Saksa</b>	7:15-8:00 YS* True Barre (HEATED) <i>Team Equinox</i>	7:00-7:50 TR* Precision Run® <i>Priscilla Chung</i>	8:30-9:15 MS* Tabata Max <i>Kevin Defro</i>	8:30-9:15 MS* Stacked <i>Krishil Ranjit</i>	8:45-9:45 MS* Barre Beyond <i>Jean Ries</i>
8:30-9:15 MS* Stronger <i>Jean Ries</i>	8:30-9:15 MS* Stacked <i>Krishil Ranjit</i>	8:30-9:20 MS* Sculpt <i>Priscilla Chung</i>	7:30-8:30 YS* Sculpted Yoga™ <i>Mandy Ansari</i>	9:30-10:15 CS* <b>Beats Ride</b> <b>Rachele Pojednic</b>	8:45-9:35 TR* Precision Run® <b>Blake Saksa</b>	9:30-10:00 YS* Sonic Meditation <i>Valerie Wong</i>
8:45-9:35 YS* Pilates Rise <i>Priscilla Chung</i>	9:30-10:15 YS* Pilates Rise <i>Colette Harmon</i>	8:30-9:30 YS* Hatha Yoga <i>Jean-Yves</i>	8:30-9:15 MS* Stronger <b>Blake Saksa</b>	10:30-11:15 YS* Pilates Fusion <i>Carolyn McPherson</i>	9:30-10:15 CS* <b>Beats Ride</b> <b>Krishil Ranjit</b>	10:00-10:50 CS* Precision Ride <i>Stephanie Cooper</i>
9:30-10:15 CS* <b>Beats Ride</b> <b>Alyssa Jacobson</b>	10:30-11:15 MS* TRX Max <i>Kevin Defro</i>	9:30-10:20 CS* <b>Precision Ride</b> <b>Alex Gould</b>	9:30-10:30 YS* Pilates Fusion <i>Mandy Ansari</i>	12:00-1:00 YS* Vinyasa Yoga <i>Carolyn McPherson</i>	9:30-10:30 YS* Vinyasa Yoga <i>Tony Irwin</i>	10:15-10:45 MS* Upper Body Pump <i>Alyssa Jacobson</i>
10:30-11:30 YS* True Barre <i>Kelly McLellan</i>	12:00-12:45 YS* Pilates Fusion <i>Priscilla Chung</i>	10:30-11:30 YS* True Barre <i>Kelly McLellan</i>	10:30-11:20 MS* Best Butt Ever <b>Blake Saksa</b>	12:15-1:00 MS* Stronger <i>Angeline DeLaurentis</i>	9:45-10:30 MS* Stronger <b>Blake Saksa</b>	10:45-11:15 MS* Tabata Cardio 30 <i>Alyssa Jacobson</i>
12:00-1:00 YS* Vinyasa Yoga <i>Anna Bye</i>	4:30-5:15 YS* True Barre <i>Kelly McLellan</i>	12:00-1:00 YS* Vinyasa Yoga <i>Edwina Ferro</i>	12:00-12:50 YS* Pilates Rise <i>Kelly McLellan</i>	5:00-6:00 YS* Vinyasa Yoga <i>Kate Cuddington</i>	10:30-10:45 MS* Best Abs Ever <b>Blake Saksa</b>	11:00-12:00 YS* True Barre <i>Jean Ries</i>
4:30-5:00 TR* Precision Run 30 <i>Priscilla Chung</i>	5:15-6:00 MS* Stacked <b>Krishil Ranjit</b>	4:25-5:15 YS* Pilates Rise <i>Priscilla Chung</i>	4:30-5:15 YS* True Barre <i>Kelly McLellan</i>	5:30-6:15 MS* Cardio Dance <i>Brendan Simon</i>	10:45-11:35 YS* Pilates Rise <i>Priscilla Chung</i>	11:30-12:20 MS* <b>Cardio Dance</b> <b>Brendan Simon</b>
4:30-5:15 YS* Yoga Sculpt (HEATED) <i>Krishil Ranjit</i>	5:30-6:30 YS* Power Vinyasa (HEATED) <i>Jackie Kong</i>	4:30-5:00 TR* Precision Run 30 <b>Blake Saksa</b>	5:15-6:00 MS* Whipped! <i>Alyssa Jacobson</i>	6:30-7:15 MS* <b>Tabata Max</b> <b>Blake Saksa</b>	11:15-12:00 PD* EQX H2O: Swim Basics <b>Blake Saksa</b>	4:00-5:00 YS* Weekend Wind Down Yoga <i>Carol Allison</i>
5:15-6:00 MS* Stronger <i>Priscilla Chung</i>	6:15-7:00 CS* <b>Beats Ride</b> <b>Krishil Ranjit</b>	5:15-6:00 MS* MetCon3 <b>Blake Saksa</b>	5:30-6:30 YS* Sculpted Yoga™ <i>Juliana Maldonado</i>	6:30-7:15 MS* The Cut <i>Kat Hwang</i>	11:45-12:45 MS* Cardio Dance <i>Jade McMartin</i>	
5:30-6:15 CS* <b>Beats Ride</b> <b>Alyssa Jacobson</b>	6:30-7:00 MS* Tabata Max <i>Alyssa Jacobson</i>	5:30-6:15 CS* Beats Ride <i>Nina Shinday</i>	6:15-7:00 CS* <b>Beats Ride</b> <b>Alyssa Jacobson</b>	12:00-1:00 YS* Vinyasa Yoga <i>Valerie Wong</i>		
5:30-6:30 YS* Vinyasa Yoga <i>Edwina Ferro</i>	6:45-7:45 YS* Sculpted Yoga™ <i>Jackie Kong</i>	5:30-6:30 YS* Vinyasa Yoga <i>Edwina Ferro</i>	6:30-7:15 MS* Cardio Dance <i>Brendan Simon</i>			
6:15-7:15 MS* Cardio Dance <i>Brendan Simon</i>	7:00-7:30 MS* Best Abs Ever <i>Alyssa Jacobson</i>	6:30-7:15 MS* Cardio Dance <i>Brendan Simon</i>	6:45-7:30 YS* Sonic Meditation <i>Tony Irwin</i>			
7:00-7:45 YS* Best Stretch Ever (HEATED) <i>Juliana Maldonado</i>		7:00-7:45 YS* Pilates Fusion <i>Anna Bye</i>				

# EQUINOX

## SAN MATEO

4 East 4th Avenue

SAN MATEO CA 94401

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

## GROUP FITNESS MANAGER

gabrielle.thompson@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## 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 Run®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

## Yoga

**Hatha Yoga** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**Power Vinyasa (HEATED)** 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.

**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.

**Yoga Sculpt (HEATED)** A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

## Athletic Training

**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.

**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.

**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.

**MetCon3** 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.

**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.

**TRX Max** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

**Tabata Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. An Equinox exclusive.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**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.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**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 (HEATED)** 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.

## 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 (HEATED)** 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.

## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

## Boxing and Kickboxing

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

## Pool

**EQX H2O: 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.

## Stretch and Recovery

**Best Stretch Ever (HEATED)** 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 (HEATED)** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**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.

**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.