

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Stronger <i>Katy Downey</i>	6:15-7:00 MS * Stacked <i>Riana Hanle</i>	6:30-7:15 YS * Pilates Fusion (HEATED) <i>Darren Bonilla</i>	6:15-7:00 MS * Stronger <i>Angela Tye</i>	6:30-7:15 CS * <b>Beats Ride</b> <i>Darren Bonilla</i>	8:00-8:45 MS * The Cut <i>Imelda Fong</i>	8:00-9:00 YS * Gentle Yoga <i>Delia Cooper</i>
6:30-7:15 CS * <b>Beats Ride</b> <i>Darren Bonilla</i>	6:30-7:15 YS * Yoga Sculpt <i>Shauna Michaelis</i>	8:15-9:00 MS * <b>Best Butt Ever</b> <i>Mason Denham</i>	6:15-7:15 MS * Vinyasa Yoga (HEATED) <i>Malia Hill</i>	9:00-9:45 BA * Pilates Mat <i>Mandy Limbach</i>	8:15-9:00 BA * Bala Bangle Barre Burn <i>Whitney Kessler</i>	8:15-9:00 MS * <b>Best Butt Ever</b> <i>Kevin Wong</i>
8:15-9:00 MS * Stronger <i>Kaitie Parfitt</i>	8:15-9:00 BA * Barre <i>Whitney Kessler</i>	9:00-9:50 BA * Pilates Rise <i>Judy Rukat</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Darren Bonilla</i>	9:15-10:00 CS * Cycle Power <i>Jennifer Fernandes</i>	9:00-9:45 CS * Anthem Ride <i>Imelda Fong</i>	8:45-9:35 BA * Trilogy Barre <i>Sallie Kinser</i>
9:00-9:45 BA * Barre <i>Chandler Richards</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Kerry Silverstone</i>	9:15-10:00 CS * <b>THEME RIDE: UNCENSORED</b> <i>Mason Denham</i>	8:45-9:10 MS * Lower Body Blast <i>Chandler Richards</i>	9:15-10:05 MS * Stronger <i>Angela Tye</i>	9:15-10:00 MS * Stacked <i>Zeba Kamin</i>	9:00-9:30 MS * <b>Upper Body Pump</b> <i>Kevin Wong</i>
9:15-10:00 CS * Cycle Power <i>Jennifer Fernandes</i>	8:45-9:15 MS * <b>Tabata Cardio 30</b> <i>Kaitie Parfitt</i>	9:15-10:00 MS * Athletic Conditioning <i>Zeba Kamin</i>	9:10-9:30 MS * <b>Upper Body Pump</b> <i>Chandler Richards</i>	10:10-11:10 YS * Vinyasa Yoga <i>Nicole Harrow</i>	9:30-10:30 YS * Vinyasa Yoga <i>Tiffany Sun</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Judy Rukat</i>
9:15-10:00 MS * Zumba® <i>Claudia Ossa</i>	9:15-9:35 MS * <b>Best Abs Ever</b> <i>Kaitie Parfitt</i>	10:10-11:10 YS * Vinyasa Yoga <i>Tiffany Sun</i>	9:15-10:15 YS * Hatha Yoga (HEATED) <i>Roberta Foster</i>	10:15-11:00 BA * Barre <i>Robin Bonaso</i>	9:45-10:35 BA * Pilates Rise <i>Whitney Kessler</i>	9:15-10:00 CS * <b>Beats Ride</b> <i>Chandler Richards</i>
10:10-11:10 YS * Vinyasa Yoga <i>Nicole Harrow</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Tiffany Sun</i>	10:15-11:00 BA * Pilates Fusion <i>Kerry Silverstone</i>	9:45-10:45 BA * Trilogy Barre <i>Mandy Limbach</i>	10:30-11:20 MS * <b>Whipped!</b> <i>Jennifer Fernandes</i>	10:15-11:00 CS * <b>Beats Ride</b> <i>Darren Bonilla</i>	9:30-10:30 YS * <b>Power Vinyasa (HEATED) (L3)</b> <i>Cecily Guest</i>
10:15-11:00 BA * Barre <i>Sallie Kinser</i>	9:45-10:30 BA * True Barre <i>Kathe Oster</i>	10:30-11:20 MS * Stronger <i>Chandler Richards</i>	10:00-10:45 MS * Kettlebell Power <i>Katy Downey</i>	11:30-12:15 MS * <b>Cardio Dance</b> <i>Rey-Rey Villar-Battung</i>	10:30-11:20 MS * Stronger <i>Kaitie Parfitt</i>	10:10-11:00 MS * Stronger <i>Whitney Kessler</i>
10:30-11:15 MS * <b>Pure Strength</b> <i>Jennifer Fernandes</i>	10:00-10:45 MS * Rounds: Boxing Circuit <i>Jennifer Chung</i>	10:15-11:05 CS * Precision Ride <i>Jennifer Fernandes</i>	10:15-11:05 CS * Precision Ride <i>Jennifer Fernandes</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Judy Rukat</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Judy Rukat</i>	10:15-11:15 BA * Barre (L2) <i>Chandler Richards</i>
11:30-12:00 TR * <b>Precision Run 30</b> <i>Jennifer Fernandes</i>	10:15-11:00 CS * <b>Beats Ride</b> <i>Darren Bonilla</i>	11:20-11:30 MS * <b>Best Abs Ever</b> <i>Chandler Richards</i>	10:45-11:30 YS * Pilates Fusion (HEATED) <i>Delia Cooper</i>	11:45-12:45 YS * Athletic Stretch (HEATED) <i>Sallie Kinser</i>	11:45-12:15 MS * <b>Tabata Cardio 30</b> <i>Kaitie Parfitt</i>	11:15-12:15 YS * Vinyasa Yoga <i>Judy Rukat</i>
12:00-12:45 YS * Pilates Fusion (HEATED) <i>Chandler Richards</i>	10:45-11:35 YS * Pilates Rise (HEATED) <i>Mandy Limbach</i>	11:30-12:00 TR * <b>Precision Run 30</b> <i>Kaitie Parfitt</i>	11:15-12:00 MS * Sculpt <i>Darren Parfitt</i>	12:00-12:50 BA * Trilogy Barre <i>Val Mohr</i>	12:15-1:00 YS * Pilates Fusion (HEATED) <i>Katy Downey</i>	11:30-12:15 MS * Rounds: Boxing Circuit <i>Jennifer Chung</i>
1:15-2:15 YS * Gentle Yoga <i>Delia Cooper</i>	11:15-12:05 MS * Stronger <i>Darren Bonilla</i>	12:00-12:45 YS * Pilates Fusion (HEATED) <i>Darren Bonilla</i>	12:00-1:00 YS * Yin Yoga Meditation <i>Caramia Tambornino</i>	4:15-5:00 MS * Stronger <i>Angela Tye</i>	4:00-5:00 YS * <b>Weekend Wind Down Yoga</b> <i>Kimberly Pena</i>	11:45-12:35 BA * Pilates Rise <i>Whitney Kessler</i>
4:15-5:00 MS * MetCon Monday <i>Kaitie Parfitt</i>	12:00-1:00 YS * <b>Athletic Stretch</b> <i>Caramia Tambornino</i>	1:15-2:15 YS * Restorative Yoga <i>Kimberly Pena</i>	12:15-1:00 BA * Barre <i>Chandler Richards</i>	4:30-5:30 YS * Slow Flow Yoga <i>Jennifer Miller</i>		12:45-1:45 YS * Yin Yoga <i>Cecily Guest</i>
4:45-5:15 CS * <b>Beats Ride 30</b> <i>Kristy Appleton</i>	12:15-1:10 BA * Trilogy Barre <i>Mandy Limbach</i>	4:15-5:00 MS * <b>Best Butt Ever</b> <i>Kaitie Parfitt</i>	4:15-5:00 BA * True Barre <i>Sallie Kinser</i>	5:00-5:45 BA * Barre <i>Jennifer Chung</i>		
5:00-5:45 BA * True Barre <i>Kathe Oster</i>	4:15-5:00 BA * Bala Bangle Barre Burn <i>Whitney Kessler</i>	4:45-5:15 CS * <b>Beats Ride 30</b> <i>Darren Bonilla</i>	4:45-5:30 YS * Pilates Fusion (HEATED) <i>Whitney Kessler</i>	5:30-6:15 MS * <b>Best Butt Ever</b> <i>Kevin Wong</i>		
5:30-6:15 MS * Stronger <i>Angela Tye</i>	4:45-5:30 YS * Pilates Fusion (HEATED) <i>Chandler Richards</i>	5:00-5:50 BA * Pilates Rise <i>Whitney Kessler</i>	5:30-6:20 BA * Trilogy Barre <i>Sallie Kinser</i>	6:30-7:15 YS * Special Event: Sound Bath <i>Jenny Raffield</i>		
5:30-6:30 YS * Special Event: Yin Yoga + Sound Meditation <i>Roberta Foster</i>	5:30-6:15 BA * True Barre <i>Sallie Kinser</i>	5:30-6:15 MS * <b>Pure Strength</b> <i>Kaitie Parfitt</i>	5:30-6:15 MS * Stronger <i>Darren Bonilla</i>			
5:40-6:30 TR * Precision Walk: Elevate <i>Kerry Silverstone</i>	5:30-6:15 MS * <b>Stacked</b> <i>Angela Tye</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Caramia Tambornino</i>	6:00-7:00 YS * Vinyasa Yoga <i>Malia Hill</i>			
6:15-7:10 BA * Trilogy Barre <i>Kathe Oster</i>	6:00-7:00 YS * <b>Vinyasa Yoga (L2)</b> <i>Malia Hill</i>	5:40-6:30 TR * Precision Walk: Elevate <i>Darren Bonilla</i>	6:30-7:15 CS * <b>Beats Ride</b> <i>Darren Bonilla</i>			
6:45-7:30 MS * Athletic Stretch <i>Kerry Silverstone</i>	6:30-7:15 CS * <b>Beats + Bands Ride</b> <i>Sallie Kinser</i>	6:15-7:00 BA * Barefoot Sculpt <i>Whitney Kessler</i>	7:30-8:15 MS * Best Stretch Ever <i>Jenny Raffield</i>			
7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Malia Hill</i>	6:45-7:30 MS * <b>Best Butt Ever</b> <i>Angela Tye</i>	6:45-7:30 MS * Zumba® <i>Claudia Ossa</i>				
	7:15-8:15 YS * Yin Yoga <i>Kimberly Pena</i>	7:00-8:00 YS * Yin Yoga Meditation <i>Caramia Tambornino</i>				

# 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-GROUP** 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

## 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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

**Cycle Power** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

**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.

**THEME RIDE: UNCENSORED** A cycling experience that exclusively explores a musical artist, genre, or decade – with a playlist carefully curated by an Equinox instructor. All new, every time.

## Running

**Outdoor Run Club** Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

**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, light-supported, well-supported, and relaxing stretches.

**Hatha Yoga (HEATED)** 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.

**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.

**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.

**Special Event: 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.

**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.

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**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 Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

**Yoga Sculpt** 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 our 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.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**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.

**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.

**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.

**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.

**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

**Bala Bangle Barre Burn** This off-the-barre 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.

**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.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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.

## 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.

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**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.

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## 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.

**Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

## Boxing and Kickboxing

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

**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.

## Stretch and Recovery

**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.

**Athletic Stretch (HEATED)** 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. All in a heated room.

**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.

**Special Event: Sound Bath** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of singing bowls, bells, and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## Sculpt

**Barefoot Sculpt** 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.