

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>	6:00-6:45 CS * Beats Ride <i>Lo</i>	6:15-7:00 MS * Stronger <i>Angela Tye</i>	6:30-7:15 CS * Beats Ride <i>Darren Bonilla</i>	7:30-8:00 CL * Circuit Training Ian Moore	7:45-8:15 MS * Upper Body Pump <i>Kevin Wong</i>
6:30-7:15 CS * Beats Ride <i>Darren Bonilla</i>	6:15-7:15 YS * Sculpted Yoga™ <i>Shauna Michaels</i>	6:30-7:15 YS * Pilates Fusion (HEATED) <i>Darren Bonilla</i>	6:30-7:15 CS * Beats Ride Lo	9:00-9:45 BA * Pilates Mat <i>Mandy Limbach</i>	8:00-8:45 MS * The Cut <i>Imelda Fong</i>	8:00-9:00 YS * Gentle Yoga <i>Delia Cooper</i>
8:15-9:00 MS * Stronger <i>Kaitie Parfitt</i>	8:15-9:00 BA * Pilates Fusion <i>Tera Riddle</i>	8:15-9:00 MS * Best Butt Ever <i>Mason Denham</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Darren Bonilla</i>	9:15-10:00 CS * Beats Ride <i>Jennifer Fernandes</i>	8:15-9:00 BA * Bala Bangle Barre Burn <i>Whitney Kessler</i>	8:15-9:00 MS * Best Butt Ever <i>Kevin Wong</i>
9:00-9:45 BA * Barre <i>Chandler Richards</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Kerry Silverstone</i>	9:00-9:50 BA * Pilates Rise <i>Judy Rukat</i>	8:45-9:10 MS * Lower Body Blast <i>Chandler Richards</i>	9:15-10:05 MS * Stronger <i>Angela Tye</i>	9:00-9:45 CS * Anthem Ride <i>Imelda Fong</i>	8:45-9:35 BA * Trilogy Barre <i>Sallie Kinser</i>
9:15-10:00 CS * Anthem Ride <i>Jennifer Fernandes</i>	8:45-9:15 MS * Tabata Cardio 30 <i>Kaitie Parfitt</i>	9:15-10:00 CS * Beats Ride <i>Mason Denham</i>	9:10-9:30 MS * Upper Body Pump <i>Chandler Richards</i>	10:10-11:10 YS * Vinyasa Yoga <i>Nicole Harrow</i>	9:15-10:00 MS * Stacked <i>Zeba Kamin</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Judy Rukat</i>
9:15-10:00 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>	9:15-9:35 MS * Best Abs Ever <i>Kaitie Parfitt</i>	9:15-10:00 MS * Athletic Conditioning <i>Zeba Kamin</i>	9:45-10:45 BA * Trilogy Barre <i>Mandy Limbach</i>	10:15-11:00 BA * Barre <i>Robin Bonaso</i>	9:30-10:30 YS * Vinyasa Yoga <i>Tiffany Sun</i>	9:15-10:00 CS * Beats Ride <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>	10:10-11:10 YS * Vinyasa Yoga <i>Tiffany Sun</i>	10:00-10:45 MS * Kettlebell Power <i>Katy Downey</i>	10:30-11:20 MS * Whipped! <i>Jennifer Fernandes</i>	9:45-10:35 BA * Pilates Rise <i>Whitney Kessler</i>	9:30-10:15 MS * Rounds: Boxing Circuit <i>Jennifer Chung</i>
10:15-11:00 BA * Barre <i>Sallie Kinser</i>	9:45-10:30 BA * True Barre <i>Kathe Oster</i>	10:15-11:00 BA * Pilates Fusion <i>Kerry Silverstone</i>	10:15-11:05 CS * Precision Ride <i>Jennifer Fernandes</i>	11:30-12:00 TR * Precision Run 30 Jennifer Fernandes	10:15-11:00 CS * Beats Ride <i>Darren Bonilla</i>	9:30-10:30 YS * Power Vinyasa (HEATED) (L3) <i>Cecily Guest</i>
10:30-11:15 MS * Pure Strength <i>Jennifer Fernandes</i>	10:00-10:45 MS * Rounds: Boxing Circuit Kaitie Parfitt Jennifer Chung	10:30-11:20 MS * Stronger <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>	10:30-11:20 MS * Stronger <i>Kaitie Parfitt</i>	10:15-11:15 BA * Barre (L2) <i>Chandler Richards</i>
11:30-12:00 TR * Precision Run 30 <i>Jennifer Fernandes</i>	10:15-11:00 CS * Beats Ride <i>Darren Bonilla</i>	11:20-11:30 MS * Best Abs Ever <i>Chandler Richards</i>	11:15-12:00 MS * Body Sculpt <i>Kaitie Parfitt</i>	12:00-12:50 BA * Trilogy Barre <i>Val Mohr</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Judy Rukat</i>	10:35-11:25 MS * Stronger <i>Whitney Kessler</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 * Precision Run 30 <i>Kaitie Parfitt</i>	12:00-12:45 BA * Barre <i>Chandler Richards</i>	12:15-1:00 MS * Cardio Dance: Zumba® Claudia Ossa	11:20-11:50 MS * Best Abs Ever Kaitie Parfitt	11:15-12:15 YS * Vinyasa Yoga <i>Judy Rukat</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>	12:15-1:15 YS * Yin Yoga Meditation <i>Caramia Tambornino</i>	4:15-5:00 MS * Stronger <i>Angela Tye</i>	12:15-1:00 YS * Pilates Fusion (HEATED) <i>Katy Downey</i>	11:45-12:35 BA * Pilates Rise <i>Whitney Kessler</i>
4:15-5:00 MS * MetCon Monday <i>Kaitie Parfitt</i>	12:00-12:55 BA * Trilogy Barre <i>Mandy Limbach</i>	1:15-2:15 YS * Restorative Yoga <i>Kimberly Pena</i>	4:15-5:00 BA * True Barre <i>Sallie Kinser</i>	4:30-5:30 YS * Slow Flow Yoga <i>Jennifer Miller</i>	1:30-2:30 YS * Weekend Wind Down Yoga Kimberly Pena	12:45-1:45 YS * Yin Yoga <i>Cecily Guest</i>
4:45-5:15 CS * Beats Ride 30 <i>Kristy Appleton</i>	12:15-1:00 YS * Best Stretch Ever (HEATED) Caramia Tambornino	4:15-5:00 MS * Body Sculpt Kaitie Parfitt	4:45-5:30 YS * Pilates Fusion (HEATED) <i>Whitney Kessler</i>	5:00-5:45 BA * Barre <i>Jennifer Chung</i>		
5:00-5:45 BA * Pilates Fusion Tera Riddle		4:45-5:15 CS * Beats Ride 30 <i>Darren Bonilla</i>	5:30-6:20 BA * Trilogy Barre <i>Sallie Kinser</i>	5:30-6:15 MS * Best Butt Ever <i>Kevin Wong</i>		
5:30-6:15 MS * Stronger <i>Angela Tye</i>	4:15-5:00 BA * Bala Bangle Barre Burn <i>Whitney Kessler</i>	5:00-5:50 BA * Pilates Rise <i>Whitney Kessler</i>	5:30-6:15 MS * Stronger <i>Darren Bonilla</i>			
5:30-6:30 YS * Yin Yoga + Sound Meditation <i>Roberta Foster</i>	4:45-5:30 YS * Pilates Fusion (HEATED) <i>Darren Bonilla</i>	5:30-6:15 MS * Pure Strength <i>Kaitie Parfitt</i>	6:00-7:00 YS * Vinyasa Yoga <i>Malia Hill</i>			
5:45-6:30 TR * Precision Walk: Elevate <i>Kerry Silverstone</i>	5:30-6:15 BA * True Barre <i>Sallie Kinser</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Caramia Tambornino</i>	6:30-7:15 CS * Beats Ride <i>Darren Bonilla</i>			
6:15-7:10 BA * Trilogy Barre <i>Kathe Oster</i>	5:30-6:15 MS * Best Butt Ever Angela Tye	5:45-6:30 TR * Precision Walk: Elevate <i>Darren Bonilla</i>	7:30-8:15 MS * Best Stretch Ever <i>Jenny Raffield</i>			
6:45-7:15 MS * Best Butt Ever Angela Tye	6:00-7:00 YS * Vinyasa Yoga (L2) <i>Malia Hill</i>	6:15-7:00 BA * True Barre <i>Whitney Kessler</i>				
7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Malia Hill</i>	6:30-7:15 CS * Beats + Bands Ride <i>Sallie Kinser</i>	6:45-7:30 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>				
7:30-8:15 MS * Best Stretch Ever Jenny Raffield	6:45-7:30 MS * Stacked Angela Tye	7:00-8:00 YS * Yin Yoga Meditation <i>Caramia Tambornino</i>				
	7:15-8:15 YS * Yin Yoga (HEATED) <i>Kimberly Pena</i>					

EQUINOX

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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

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 + 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.

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 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 (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.

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 (HEATED) Releasing tension through prolonged poses, this heated, 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.

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.

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.

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

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: 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 (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.

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.

Sculpt

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.

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.

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.