

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
6:30-7:15 CS ◆	Cycle Power <i>Stephanie Cooper</i>	6:30-7:15 CS ◆	Cycle Power <i>Blake Saks</i>	6:30-7:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Emma Elfving</i>	6:30-7:15 CS ◆	Cycle Power <i>Blake Saks</i>	6:30-7:15 MS ◆	TRX Max <i>Kevin Defro</i>	8:30-9:15 MS ◆	Stacked! <i>Danielle Hopkins</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Jade Xiao</i>	
6:30-7:30 YS ◆	Barre <i>Jean Ries</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Blake Saks</i>	8:30-9:20 MS ◆	THE CUT <i>CJ</i>	7:30-8:30 YS ◆	Vinyasa Yoga <i>Mandy Ansari</i>	8:00-8:45 MS ◆	8:00-8:45 MS ◆	MS ◆	8:45-9:30 TR ◆	Precision Run@ <i>Stephanie Cooper</i>	9:15-10:00 CS ◆	Cycle Power <i>Earl Jones</i>
8:30-9:15 MS ◆	Best Butt Ever <i>Jean Ries</i>	9:15-10:00 YS ◆	Barre <i>Sarah Garland</i>	8:30-9:30 YS ◆	Hatha Yoga <i>Jean-Yves</i>	8:00-8:45 MS ◆	STRONG <i>Blake Saks</i>	9:30-10:15 CS ◆	9:30-10:15 CS ◆	CS ◆	9:30-10:15 CS ◆	Cycle Power <i>Danielle Hopkins</i>	9:30-10:15 MS ◆	Tabata Max <i>Alyssa Jacobson</i>
8:30-9:30 YS ◆	Vinyasa Yoga <i>Jenniferlyn Chiemingo</i>	9:30-10:15 MS ◆	Tabata Max <i>Danielle Hopkins</i>	9:30-10:15 CS ◆	Cycle Power <i>Danielle Hopkins</i>	9:15-10:00 YS ◆	Barre <i>Sarah Garland</i>	10:30-11:15 YS ◆	10:30-11:15 YS ◆	YS ◆	9:45-10:30 MS ◆	STRONG <i>Raychel Epperson</i>	10:30-11:15 MS ◆	Cardio Kickboxing <i>Alyssa Jacobson</i>
9:30-10:15 CS ◆	Cycle Beats <i>Alyssa Jacobson</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Jenniferlyn Chiemingo</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Edwina Ferro</i>	9:30-10:15 MS ◆	METCON3 <i>Danielle Hopkins</i>	12:00-1:00 YS ◆	12:00-1:00 YS ◆	YS ◆	10:30-11:15 YS ◆	Barefoot Body Sculpt <i>Wendy Chan</i>	4:15-5:15 YS ◆	Barre <i>Jean Ries</i>
12:00-12:45 YS ◆	Barefoot Body Sculpt <i>Wendy Chan</i>	4:30-5:15 YS ◆	Barre <i>Kelly McLellan</i>	12:15-1:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Alyssa Jacobson</i>	12:00-12:45 YS ◆	Barre <i>Kelly McLellan</i>	12:15-1:00 MS ◆	12:15-1:00 MS ◆	MS ◆	12:00-1:00 YS ◆	Vinyasa Yoga <i>Carolyn McPherson</i>		
5:15-6:00 MS ◆	STRONG <i>Alyssa Jacobson</i>	5:30-6:15 CS ◆	Cycle Power <i>Annika Steiber</i>	4:45-5:30 MS ◆	Tabata Max <i>Jean Ries</i>	4:30-5:30 YS ◆	Barre <i>Kelly McLellan</i>	5:00-6:00 MS ◆	5:00-6:00 MS ◆	MS ◆	5:00-6:00 MS ◆	Cardio Dance <i>Margie Yang</i>		
5:30-6:30 YS ◆	Vinyasa Yoga <i>Edwina Ferro</i>	5:30-6:15 MS ◆	Athletic Conditioning <i>Ef Morales</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Edwina Ferro</i>	5:30-6:15 CS ◆	Cycle Beats <i>Alyssa Jacobson</i>	5:30-6:30 YS ◆	5:30-6:30 YS ◆	YS ◆	6:15-7:00 MS ◆	Vinyasa Yoga <i>Karin Stiles</i>		
6:15-7:15 MS ◆	Cardio Dance <i>Yung Chen</i>	5:45-6:45 YS ◆	Hatha Yoga <i>Carol Allison</i>	5:45-6:30 MS ◆	METCON3 <i>Blake Saks</i>	5:45-6:45 YS ◆	Hatha Yoga <i>Carol Allison</i>	6:15-7:00 MS ◆	6:15-7:00 MS ◆	MS ◆		Stacked! <i>Blake Saks</i>		
		6:45-7:30 MS ◆	STRONG <i>Ef Morales</i>	6:45-7:30 CS ◆	Cycle Power <i>Blake Saks</i>	6:30-7:25 MS ◆	AK! Rope <i>Alyssa Jacobson</i>							

EQUINOX

SAN MATEO

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MON - THU: 5:00AM - 9:00PM

FRI: 5:00AM - 8:00PM

SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

danielle.hopkins@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

TR	Treadmill Area
CS	Cycling Studio
YS	Yoga Studio
MS	Main Studio

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS 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.

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.

RUNNING

PRECISION RUNS 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.

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.

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.

ATHLETIC TRAINING

AK! ROPE Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

METCONS 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! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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.

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.

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.

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.

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

CARDIO KICKBOXING An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

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.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.