

**Bold** New Class, Instructor, or Time

◆ Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS ◆ <b>METCON3</b> <i>Anthony Finley</i>	6:00-6:45 CS ◆ <b>Cycle Beats</b> <i>Darren Bonilla</i>	6:00-6:45 MS ◆ <b>Ropes and Rowers</b> <i>Anthony Finley</i>	6:00-6:45 CS ◆ <b>Cycle Beats</b> <i>Nicole Adamo</i>	6:15-7:05 CS ◆ <b>Cycle Power</b> <i>Dave Luebke</i>	6:15-7:05 CS ◆ <b>Cycle Power</b> <i>Dave Luebke</i>	6:15-7:05 CS ◆ <b>Cycle Power</b> <i>Dave Luebke</i>
6:15-7:05 CS ◆ <b>Cycle Power</b> <i>Dave Luebke</i>	6:30-7:15 MS ◆ Tabata Max <i>CJ</i>	6:15-7:05 CS ◆ ANTHEM™ <i>Jennifer Femandes</i>	6:30-7:15 MS ◆ Master of One <i>Kaitie Kinser</i>	8:30-9:30 YS ◆ Athletic Yoga <i>Dana Patterson</i>	8:00-8:45 MS ◆ STRONG <i>Imelda Fong</i>	8:30-9:15 BA ◆ Barre <i>Whitney Kessler</i>
7:15-8:15 YS ◆ Power Yoga + Meditation <i>Malia Hill</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Riana Hanle</i>	7:15-8:15 YS ◆ Vinyasa Yoga (HEATED) <i>Malia Hill</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Tiffany Sun</i>	8:45-9:30 BA ◆ <b>Pilates Mat</b> <i>Mandy Limbach</i>	8:15-9:00 BA ◆ True Barre <i>Whitney Kessler</i>	9:00-9:45 CS ◆ Cycle Beats <i>Chandler Richards</i>
7:30-8:15 TR ◆ Precision Run® <i>Jennifer Miller</i>	7:45-8:30 BA ◆ Pilates Fusion <i>Whitney Kessler</i>	7:30-8:15 TR ◆ Precision Run® <i>Jennifer Miller</i>	7:45-8:30 BA ◆ Barre <i>Chandler Richards</i>	9:00-9:45 MS ◆ METCON3 <i>Jennifer Chung</i>	8:30-9:30 YS ◆ <b>Vinyasa Yoga</b> <i>Jennifer Miller</i>	9:15-10:00 TR ◆ Precision Run® <i>Judy Rukat</i>
8:45-9:30 BA ◆ <b>Barre</b> <i>Jennifer Chung</i>	8:30-9:15 TR ◆ Elevate <i>Kery Silverstone</i>	7:30-8:15 TR ◆ Precision Run® <i>Jennifer Miller</i>	8:30-9:15 TR ◆ Elevate <i>Victoria Liu</i>	9:15-10:05 CS ◆ Cycle Power <i>Jennifer Femandes</i>	9:00-9:45 MS ◆ ANTHEM™ <i>Imelda Fong</i>	9:30-10:30 YS ◆ Vinyasa Yoga (HEATED) <i>Cecily Guest</i>
9:00-9:45 MS ◆ METCON3 <i>Kristy Appleton</i>	8:45-9:30 MS ◆ <b>Best Stretch Ever</b> <i>Caramia Tambomino</i>	8:45-9:30 BA ◆ <b>Pilates Mat</b> <i>Judy Rukat</i>	8:45-9:30 MS ◆ STRONG <i>Chandler Richards</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Val Mahr</i>	9:15-10:00 MS ◆ Stacked! <i>Zeba Kamin</i>	9:45-10:30 MS ◆ METCON3 <i>Whitney Kessler</i>
9:15-10:05 CS ◆ Cycle Power <i>Jennifer Femandes</i>	9:00-9:50 CS ◆ Cycle Beats <i>Jennifer Chung</i>	9:00-9:45 MS ◆ Body Sculpt <i>Zeba Kamin</i>	9:00-9:50 CS ◆ Cycle Beats <i>Jennifer Chung</i>	10:15-11:15 BA ◆ Barre <i>Kery Silverstone</i>	9:30-10:30 BA ◆ Pilates Fusion <i>Kery Silverstone</i>	10:00-11:00 BA ◆ Barre <i>Chandler Richards</i>
10:00-11:00 YS ◆ Vinyasa Yoga <i>Nicole Harow</i>	9:15-10:15 YS ◆ Vinyasa Yoga <i>Laurie Gallagher</i>	9:15-10:00 CS ◆ Cycle Beats <i>Chandler Richards</i>	9:15-10:15 YS ◆ Athletic Yoga <i>Laurie Gallagher</i>	10:30-11:20 MS ◆ Whipped! <i>Jennifer Femandes</i>	10:00-10:45 TR ◆ Precision Run® <i>Jennifer Miller</i>	10:00-11:00 BA ◆ Barre <i>Chandler Richards</i>
10:15-11:00 BA ◆ Interval Toning <i>Kery Silverstone</i>	9:45-10:30 MS ◆ Athletic Conditioning <i>Dana Patterson</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Tiffany Sun</i>	9:45-10:30 MS ◆ Stacked! <i>Dana Patterson</i>	12:00-12:45 YS ◆ Athletic Stretch <i>Sallie Kinser</i>	10:15-11:00 MS ◆ Athletic Conditioning <i>Ma Sandoval</i>	11:00-12:00 YS ◆ Vinyasa Yoga <i>Judy Rukat</i>
10:30-11:15 MS ◆ Athletic Conditioning <i>Jennifer Femandes</i>	10:00-10:45 BA ◆ <b>Barre</b> <i>Kathe Oster</i>	10:15-11:00 BA ◆ Pilates Fusion <i>Kery Silverstone</i>	10:00-10:55 BA ◆ Trilogy Barre <i>Mandy Limbach</i>	4:30-5:15 CS ◆ Cycle Beats <i>Jennifer Chung</i>	11:00-11:45 YS ◆ Athletic Stretch <i>Kery Silverstone</i>	
12:00-12:45 YS ◆ Pilates Fusion (HEATED) <i>Chandler Richards</i>	11:10-11:55 MS ◆ <b>STRONG</b> <i>Anthony Finley</i>	10:30-11:15 MS ◆ Tabata Max <i>Chandler Richards</i>	11:10-11:55 MS ◆ <b>Best Butt Ever + Best Abs Ever</b> <i>Mandy Limbach</i>	4:30-5:30 YS ◆ Sundeck Vinyasa Yoga <i>Caramia Tambomino</i>		
12:15-1:00 TR ◆ Elevate <i>Anthony Finley</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Caramia Tambomino</i>	12:00-1:00 YS ◆ Power Yoga + Meditation <i>Tiffany Sun</i>	12:00-1:00 YS ◆ Yin Yoga Meditation <i>Caramia Tambomino</i>	5:30-6:15 BA ◆ Barre <i>Jennifer Chung</i>		
5:00-5:45 BA ◆ <b>Interval Toning</b> <i>Kathe Oster</i>	5:15-6:15 YS ◆ Hatha Yoga <i>Roberta Foster</i>	12:15-1:00 TR ◆ Elevate <i>Niki Nisco</i>	5:15-6:00 YS ◆ <b>Pilates Fusion (HEATED)</b> <i>Katy Downey</i>			
5:15-6:00 MS ◆ Tabata Max + Best Butt Ever <i>Chandler Richards</i>	5:30-6:15 MS ◆ Ropes and Rowers <i>Kaitie Kinser</i>	5:00-5:45 BA ◆ Pilates Fusion <i>Chandler Richards</i>	5:30-6:15 MS ◆ STRONG <i>Lauren Dacumos</i>			
5:30-6:20 CS ◆ Cycle Power <i>Riana Hanle</i>	5:45-6:30 BA ◆ True Barre <i>Sallie Kinser</i>	5:15-6:00 MS ◆ METCON3 <i>Whitney Kessler</i>	5:45-6:35 BA ◆ Trilogy Barre <i>Sallie Kinser</i>			
6:15-7:10 BA ◆ Trilogy Barre <i>Kathe Oster</i>	6:30-7:20 TR ◆ Precision Run® <i>Kaitie Kinser</i>	5:30-6:15 CS ◆ <b>Cycle Beats</b> <i>Nicole Adamo</i>	6:45-7:35 CS ◆ Cycle Beats <i>Lauren Dacumos</i>			
6:30-7:15 MS ◆ Studio Dance <i>James Higgins</i>	6:45-7:35 CS ◆ Cycle Beats <i>Sallie Kinser</i>	6:15-7:00 BA ◆ Barre <i>Whitney Kessler</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Malia Hill</i>			
6:45-7:45 YS ◆ Vinyasa Yoga <i>Michele Lee</i>	7:00-8:00 YS ◆ Vinyasa Yoga (L2) <i>Malia Hill</i>	6:30-7:15 MS ◆ Cardio Dance <i>Rey-Rey Villar-Battung</i>	7:15-8:00 MS ◆ <b>Athletic Conditioning</b> <i>Katy Downey</i>			
	7:15-8:00 MS ◆ Athletic Conditioning <i>Jennifer Low</i>	6:45-7:45 YS ◆ Gentle Yoga + Meditation <i>Michele Lee</i>				

# EQUINOX

## SAN RAMON

6000 BOLLINGER CANYON ROAD  
SAN RAMON CA 94583  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 9:00PM  
**FRI:** 5:00AM - 8:00PM  
**SAT - SUN:** 7:00AM - 6:00PM

## GROUP FITNESS MANAGER

chandler.richards@equinox.com

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## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

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## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

## STUDIO KEY

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

### WHAT'S NEW THIS MONTH

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## CYCLING

**ANTHEM™** Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

**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

**ELEVATE** An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

**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.

## YOGA

**ATHLETIC YOGA** 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.

**GENTLE YOGA + MEDITATION** 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. Feel centered with a meditation practice at the end of class.

**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 YOGA + MEDITATION** A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

**SUNDECK VINYASA YOGA** This timeless approach to yoga links movement and breath through a creative, flowing sequence of postures. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**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.

**VINYASA YOGA (HEATED)** 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.

**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.

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.

**TABATA MAX + BEST BUTT EVER** A challenging mash-up of Equinox classics. Tabata is the HIIT workout protocol where your rest is always shorter than your work and Best Butt Ever fires up your glutes to build strength and definition.

**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.

**TRILOGY BARRE** A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. 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.

**PILATES FUSION (HEATED)** 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.

## 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.

**STUDIO DANCE** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

## 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.

**BEST STRETCH EVER** A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.

## SCULPT

**BODY SCULPT** An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

**INTERVAL TONING** This high intensity, low-impact interval class created by Kerry Silverstone focuses on toning the core, hips, glutes, and upper body. Movements are inspired by Yoga, Barre, Pilates and Core Conditioning to create the ultimate toning experience.

 **ATHLETIC TRAINING**

**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.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

**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.

**ROPES AND ROWERS** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. 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.