

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * <b>Beats Ride</b> <b>Manuel Medrano</b>	6:00-6:45 MS * <b>Tabata Max</b> <b>Richard Shaw</b>	6:00-6:45 MS * <b>MetCon3</b> <b>Karri Mae Becker</b>	6:00-6:45 MS * Stronger <b>Jenn Auchterlonie</b>	6:00-6:45 YS * Pilates Mat <b>Amanda Williams</b>	8:30-9:15 MS * Stacked <b>Jenn Auchterlonie</b>	8:45-9:30 YS * Bala Bangle Barre Burn <b>Emma Swain</b>
7:00-7:45 MS * Stronger <b>Michelle Napoli</b>	7:15-8:15 YS * Vinyasa Yoga <b>Denese Cavanaugh</b>	7:00-7:45 YS * Pilates Fusion <b>Karri Mae Becker</b>	7:00-7:45 MS * Tabata Max <b>Jenn Auchterlonie</b>	8:00-8:45 MS * Stronger <b>Richard Shaw</b>	8:45-9:30 YS * Pilates Fusion <b>Karri Mae Becker</b>	9:00-9:45 CS * Beats Ride <b>Amy Hilton</b>
8:00-8:45 YS * Pilates Mat <b>Michelle Napoli</b>	9:45-10:35 TR * Precision Walk: Elevate <b>Emmanuella St. Juste</b>	9:00-9:50 YS * <b>Sculpted Yoga™</b> <b>Anne Schuyler</b>	7:15-8:15 YS * Vinyasa Yoga <b>Alissa Wilmina Diaz</b>	9:30-10:15 YS * Best Stretch Ever <b>Mike Gray</b>	9:30-10:20 MS * Whipped! <b>Jenn Auchterlonie</b>	9:15-10:00 MS * <b>Stronger</b> <b>Gia-Ninh Chuang</b>
9:30-10:20 YS * Barre <b>Michelle Napoli</b>	10:00-10:45 PD * <b>Aqua Sculpt</b> <b>Susan Fuller</b>	9:45-10:30 MS * <b>Athletic Conditioning</b> <b>Timbo Williams</b>	9:45-10:30 YS * Pilates Fusion <b>Meri Jones</b>	10:30-11:20 YS * True Barre <b>Mike Gray</b>	9:45-10:30 YS * Barre <b>Mary-Carmen Webb</b>	9:45-10:30 YS * Pilates Rise <b>Emma Swain</b>
10:30-11:20 MS * MetCon Monday <b>Veronika Batyan</b>	11:00-11:45 MS * Tabata Max <b>Emmanuella St. Juste</b>	10:45-11:30 MS * <b>Best Butt Ever</b> <b>Timbo Williams</b>	10:00-10:45 PD * <b>Aqua Sculpt</b> <b>Susan Fuller</b>	12:15-1:00 MS * Rounds: Boxing Circuit <b>Karri Mae Becker</b>	10:00-10:50 TR * Precision Walk: Elevate <b>Kimia Nikseresht</b>	10:15-11:00 PD * <b>Aqua Sculpt</b> <b>Gia-Ninh Chuang</b>
12:15-1:00 MS * Sculpt <b>Adair Pounds</b>	12:00-1:00 YS * Vinyasa Yoga <b>Jen Lee</b>	12:15-1:15 YS * Vinyasa Yoga <b>Carolyn Weinger</b>	11:00-11:45 YS * Bala Bangle Barre Burn <b>Mary-Carmen Webb</b>	4:30-5:15 YS * Pilates Mat <b>Carolyn Weinger</b>	10:30-11:00 MS * Upper Body Pump <b>Jeanne Slade</b>	10:45-11:45 YS * Vinyasa Yoga <b>Lisa Ai</b>
4:30-5:20 YS * Sculpted Yoga™ <b>Tara Keffer</b>	4:45-5:30 YS * Barefoot Sculpt <b>Emmanuella St. Juste</b>	4:30-5:15 YS * Barre <b>Mary-Carmen Webb</b>	12:00-12:45 MS * Stacked <b>Mary-Carmen Webb</b>	5:30-6:30 YS * Vinyasa Yoga <b>Ava Atae</b>	10:45-11:45 YS * Best Butt Ever <b>Jeanne Slade</b>	11:30-12:20 TR * Precision Walk: Elevate <b>Gia-Ninh Chuang</b>
5:30-6:15 MS * <b>Stacked</b> <b>Caitlin O'Donnell</b>	5:30-6:15 MS * <b>Rounds: Boxing</b> <b>Circuit</b> <b>Karri Mae Becker</b>	5:30-6:20 MS * <b>Ropes and Rowers</b> <b>Jenn Auchterlonie</b>	4:45-5:45 YS * Vinyasa Yoga <b>Carolyn Weinger</b>	6:00-6:45 YS * Pilates Mat <b>Ava Atae</b>	11:00-11:30 MS * Best Butt Ever <b>Jeanne Slade</b>	3:30-4:30 YS * Weekend Wind Down Yoga <b>Rita Ramos</b>
5:45-6:30 YS * True Barre <b>Veronika Batyan</b>	6:00-7:00 YS * Vinyasa Yoga <b>Ava Atae</b>	5:45-6:30 YS * Pilates Fusion <b>Denese Cavanaugh</b>	5:30-6:15 MS * <b>Stronger</b> <b>Gia-Ninh Chuang</b>	6:30-7:15 MS * Circuit Training <b>Jacy Cunningham</b>		
6:00-6:45 CS * Cycle Power <b>Amy Hilton</b>	6:30-7:15 MS * Pilates Mat <b>Kellie Burroughs</b>	6:00-6:45 CS * <b>Beats Ride</b> <b>Mary-Carmen Webb</b>	6:00-6:45 YS * Barre <b>Jenna Rathe</b>	7:15-8:00 MS * Pilates Rise <b>Jenn Auchterlonie</b>		
6:30-7:15 MS * Stronger <b>Karri Mae Becker</b>		6:30-7:15 MS * <b>Best Butt Ever</b> <b>Jenn Auchterlonie</b>	7:15-8:00 YS * Pilates Rise <b>Gia-Ninh Chuang</b>			
6:45-7:45 YS * Power Vinyasa <b>Kimia Nikseresht</b>		6:45-7:45 YS * Vinyasa Yoga <b>Alissa Wilmina Diaz</b>				
7:15-7:30 MS * Best Abs Ever <b>Karri Mae Becker</b>						

# EQUINOX

## TYSONS CORNER

8065 Leesburg Pike.

VIENNA VA 22182

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

robin.lehman@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 additive 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 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

**Power Vinyasa** 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.

## 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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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 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

**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.

**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 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.

## 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.

## Pool

**Aqua Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

## Stretch and Recovery

**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.

## 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.