

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride <i>Manuel Medrano</i>	6:00-6:45 MS * Tabata Max <i>Richard Shaw</i>	6:00-6:45 MS * MetCon3 <i>Karri Mae Becker</i>	6:00-6:45 MS * Stacked Jenn Auchterlonie	7:00-7:45 CS * Precision Ride <i>Richard Shaw</i>	8:30-9:15 MS * Stacked <i>Jenn Auchterlonie</i>	8:45-9:30 YS * Bala Bangle Barre Burn <i>Emma Swain</i>
7:00-7:45 MS * Stronger <i>Michelle Napoli</i>	7:00-7:45 CS * Precision Ride <i>Richard Shaw</i>	7:00-7:45 YS * Pilates Fusion <i>Karri Mae Becker</i>	7:00-7:50 TR * Precision Run® Jenn Auchterlonie	8:00-8:45 MS * Stronger <i>Richard Shaw</i>	8:45-9:30 YS * Pilates Fusion <i>Karri Mae Becker</i>	9:00-9:45 CS * Beats Ride <i>Amy Hilton</i>
8:00-8:45 YS * Pilates Mat <i>Michelle Napoli</i>	7:15-8:15 YS * Slow Flow Yoga Denese Cavanaugh	9:00-9:50 YS * Sculpted Yoga™ <i>Anne Schuyler</i>	7:15-8:15 YS * Vinyasa Yoga <i>Alissa Wilmina Diaz</i>	9:30-10:15 YS * Best Stretch Ever <i>Mike Gray</i>	9:00-9:50 TR * Precision Run® <i>Jeanne Slade</i>	9:15-10:00 MS * Stronger <i>Gia-Ninh Chuang</i>
9:00-9:45 TR * Precision Run® Michelle Napoli	9:45-10:35 TR * Precision Walk: Elevate <i>Emmanuella St. Juste</i>	11:15-12:00 MS * Best Butt Ever <i>Timbo Williams</i>	9:45-10:30 YS * Pilates Fusion <i>Meri Jones</i>	10:30-11:20 YS * True Barre <i>Mike Gray</i>	9:30-10:20 CS * Precision Ride <i>Manuel Medrano</i>	9:15-10:05 TR * Precision Run® <i>Richard Shaw</i>
9:00-9:45 YS * True Barre <i>Molly Govern</i>	10:00-10:45 PD * Aqua Sculpt <i>Susan Fuller</i>	12:15-1:00 MS * Athletic Conditioning <i>Timbo Williams</i>	10:00-10:45 PD * Aqua Sculpt <i>Susan Fuller</i>	12:15-1:00 MS * Rounds: Boxing Circuit <i>Karri Mae Becker</i>	9:30-10:20 MS * Whipped! <i>Jenn Auchterlonie</i>	9:45-10:30 YS * Pilates Rise <i>Emma Swain</i>
10:30-11:20 MS * MetCon Monday <i>Veronika Batyan</i>	11:00-11:30 MS * Upper Body Pump <i>Emmanuella St. Juste</i>	12:15-1:15 YS * Vinyasa Yoga <i>Carolyn Weinger</i>	11:00-11:45 YS * Bala Bangle Barre Burn <i>Mary-Carmen Webb</i>	4:30-5:15 YS * Pilates Mat <i>Carolyn Weinger</i>	9:45-10:30 YS * Barre <i>Mary-Carmen Webb</i>	10:15-11:00 MS * MetCon3 <i>Richard Shaw</i>
12:15-1:00 MS * Body Sculpt <i>Adair Pounds</i>	11:30-11:50 MS * Best Abs Ever <i>Emmanuella St. Juste</i>	4:30-5:15 YS * Barre <i>Mary-Carmen Webb</i>	12:00-12:45 MS * Stacked <i>Mary-Carmen Webb</i>	5:30-6:30 YS * Vinyasa Yoga <i>Ava Ataee</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Kimia Nikseresht</i>	10:15-11:00 PD * Aqua Sculpt <i>Gia-Ninh Chuang</i>
4:30-5:20 YS * Sculpted Yoga™ <i>Tara Keffer</i>	12:00-1:00 YS * Vinyasa Yoga <i>Jen Lee</i>	5:45-6:30 MS * MetCon3 Jenn Auchterlonie	4:45-5:45 YS * Power Vinyasa Carolyn Weinger	6:00-6:45 YS * Best Butt Ever <i>Mike Gray</i>	10:15-11:00 PD * Aqua Sculpt Diobelkis Riviera	10:45-11:45 YS * Vinyasa Yoga <i>Carolyn Weinger</i>
5:30-6:15 YS * True Barre <i>Veronika Batyan</i>	4:45-5:30 YS * Barefoot Sculpt <i>Molly Govern</i>	5:45-6:30 YS * Pilates Fusion <i>Denese Cavanaugh</i>	5:30-6:15 MS * Stronger <i>Gia-Ninh Chuang</i>	6:00-6:45 YS * Barre <i>Jenna Rathe</i>	10:30-11:00 MS * Upper Body Pump <i>Jeanne Slade</i>	11:30-12:20 TR * Precision Walk: Elevate <i>Gia-Ninh Chuang</i>
5:45-6:30 MS * Stacked <i>Caitlin O'Donnell</i>	5:30-6:15 MS * Rounds: Boxing Circuit <i>Karri Mae Becker</i>	6:00-6:45 CS * Beats Ride <i>Mary-Carmen Webb</i>	6:00-6:45 YS * Barre <i>Jenna Rathe</i>	10:45-11:45 YS * Vinyasa Yoga <i>Lisa Ai</i>	11:00-11:30 MS * Best Butt Ever <i>Jeanne Slade</i>	3:30-4:30 YS * Weekend Wind Down Yoga <i>Rita Ramos</i>
6:00-6:50 CS * Precision Ride <i>Amy Hilton</i>	6:00-7:00 YS * Vinyasa Yoga <i>Ava Ataee</i>	6:15-7:05 TR * Precision Run® <i>Tara Razjouyan</i>	6:30-7:15 MS * Athletic Conditioning <i>Adair Pounds</i>	11:00-11:30 MS * Best Butt Ever <i>Jeanne Slade</i>	11:45-12:30 MS * Cardio Dance Diobelkis Riviera	
6:15-7:05 TR * Precision Walk: Elevate <i>Veronika Batyan</i>	6:30-7:15 MS * Circuit Training <i>Karri Mae Becker</i>	6:45-7:30 MS * Best Butt Ever <i>Jenn Auchterlonie</i>	7:15-8:00 YS * Pilates Rise <i>Gia-Ninh Chuang</i>	12:00-12:45 YS * Sound Meditation <i>Kimia Nikseresht</i>		
6:45-7:30 MS * Stronger <i>Karri Mae Becker</i>	7:15-8:00 YS * Pilates Mat <i>Kellie Burroughs</i>	6:45-7:45 YS * Vinyasa Yoga <i>Alissa Wilmina Diaz</i>				
6:45-7:45 YS * Power Vinyasa <i>Taylor Husereau</i>						
7:30-7:45 MS * Best Abs Ever <i>Karri Mae Becker</i>						

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 addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

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® 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. Bring headphones - not needed at PR Lab locations.

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.

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.

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.

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.

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

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.

Sound Meditation 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 chimes, rain sticks, singing bowls, gongs 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.

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.