

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Tabata Max <i>Timbo Williams</i>	6:00-7:00 CS * Endurance Ride 60 <i>Dru Ryan</i>	6:15-7:00 CS * Beats Ride <i>Jessica Lang</i>	6:00-6:45 TR * Precision Run + Strength <i>Kelly Foley</i>	6:15-7:05 CL * Precision Run Club (Outdoor) <i>Cherie Buday</i>	8:00-8:45 MS * Circuit Training <b>Burns Foster</b>	8:30-9:30 YS * Power Vinyasa <i>Sun Kim</i>
6:30-7:15 YS * True Barre <i>Megan McCarthy</i>	6:00-6:45 TR * Precision Run® <i>Sara Zargham</i>	6:15-7:05 MS * Whipped! <i>Jill Washecka</i>	6:15-7:05 MS * Stronger <b>Richard Shaw</b>	6:15-7:00 MS * MetCon3 <i>Kareem Cooper</i>	8:30-9:15 YS * Pilates at the Barre <i>Megan McCarthy</i>	9:00-9:45 MS * Rounds: Boxing <i>Jessica Haley</i>
8:30-9:15 MS * Best Butt Ever <b>Timbo Williams</b>	6:15-7:05 MS * Limited Series: Stronger Women <i>Norah Davis</i>	8:30-9:15 MS * Core6 <b>Emmanuella St. Juste</b>	6:15-7:00 YS * True Barre <i>Mary-Carmen Webb</i>	7:30-8:20 MS * 360 Strength <i>Kareem Cooper</i>	9:00-9:45 CS * Beats Ride <b>Christine McDonough</b>	9:15-10:00 TR * Precision Walk: Elevate <i>Alicia Trabert</i>
9:30-10:15 MS * Stacked <i>Timbo Williams</i>	7:15-8:00 YS * Pilates at the Barre <i>Emma Swain</i>	9:30-10:20 MS * Stronger <b>Emmanuella St. Juste</b>	7:15-8:00 MS * Athletic Conditioning <b>Richard Shaw</b>	9:15-10:15 YS * Vinyasa Yoga <i>Lisa Ai</i>	9:00-9:45 MS * Core6 <i>Jaime Ludwick</i>	9:45-10:30 YS * Pilates Mat <i>Cristina Baker</i>
9:30-10:30 YS * Vinyasa Yoga <i>Jess Lazar</i>	9:30-10:15 MS * Cardio Dance: <b>Zumba®</b> <b>Erick Ruiz</b>	9:30-10:15 YS * True Barre <i>Mary-Carmen Webb</i>	9:30-10:15 MS * Stacked <b>Brianne Anderson</b>	9:30-10:15 MS * Best Butt Ever <i>Mary-Carmen Webb</i>	9:30-10:30 YS * Vinyasa Yoga <i>Maria Barone</i>	10:00-10:45 CS * Beats Ride <i>Julia Hawkins</i>
10:00-10:45 PD * Hydro Athlete <i>Gia-Ninh Chuang</i>	9:30-10:30 YS * Vinyasa Yoga <i>Jenna Rupert</i>	10:00-10:45 PD * Hydro Sculpt <i>Joyce Melamed-Berger</i>	9:30-10:30 YS * Vinyasa Yoga <i>Jen Lee</i>	10:30-11:15 YS * True Barre: Bala Bangle <i>Mary-Carmen Webb</i>	9:45-10:30 PD * Hydro Athlete <i>Gia-Ninh Chuang</i>	10:30-11:15 MS * Athletic Conditioning <i>Mary-Carmen Webb</i>
12:00-12:45 YS * Pilates Mat <i>Tara Keffer</i>	9:45-10:30 TR * Precision Run® <i>Jill Washecka</i>	12:00-12:45 CS * Precision Ride <i>Dave Slikker</i>	9:45-10:30 TR * Precision Walk: Elevate <i>Kevin St-Fort</i>	11:00-11:45 PD * Hydro Sculpt <i>Emmanuella St. Juste</i>	10:00-10:50 MS * Stronger <i>Igwé Mapp</i>	10:45-12:00 YS * Vinyasa Yoga <i>Jen Lee</i>
12:15-1:00 MS * Rounds: Boxing <i>Amish Darr</i>	10:30-11:15 MS * 360 Strength <b>Mary-Carmen Webb</b>	12:00-1:00 YS * Vinyasa Yoga <i>Mimi Rieger</i>	10:30-11:15 MS * Tabata Max <b>Brianne Anderson</b>	12:00-12:45 YS * Pilates Mat <i>Emmanuella St. Juste</i>	10:15-11:00 TR * Precision Run® <i>Jaime Ludwick</i>	11:30-12:15 MS * Athletic Stretch <i>Mary-Carmen Webb</i>
4:45-5:30 YS * Pilates at the Barre <i>Megan McCarthy</i>	10:45-11:35 YS * Pilates Rise <i>Gia-Ninh Chuang</i>	12:15-1:00 MS * TRX Max Circuit <b>Brianne Anderson</b>	10:45-11:30 YS * Barefoot Sculpt <b>Christianna Wood</b>	12:15-1:00 MS * Athletic Conditioning <i>Timbo Williams</i>	10:45-11:30 YS * Pilates Fusion <i>Gia-Ninh Chuang</i>	1:30-2:20 YS * Pilates Rise <i>Emma Swain</i>
5:30-6:15 MS * Circuit Training <b>Jason Vanterpool</b>	12:00-12:50 YS * True Barre: Bala Bangle <i>Mary-Carmen Webb</i>	4:45-5:30 YS * Vinyasa Yoga <i>Sun Kim</i>	12:00-12:45 YS * Pilates Fusion <i>Emma Swain</i>	4:45-5:30 YS * Pilates Rise <i>Tara Keffer</i>	11:00-11:45 MS * Rounds: Bags and Mitts <i>Allan Rodas</i>	3:30-4:30 YS * Gentle Yoga <i>Amberlie Price</i>
5:45-6:30 YS * Barefoot Sculpt <i>Nicole Dockx</i>	12:15-1:00 MS * Best Butt Ever <b>Adair Pounds</b>	5:30-6:20 MS * Stronger <i>Cristina Baker</i>	12:15-1:00 MS * MetCon3 <b>Jessica Haley</b>	5:00-5:45 MS * Stacked <i>Adair Pounds</i>	11:45-12:45 YS * Sculpted Yoga™ <i>Anne Smith</i>	
6:00-6:45 TR * Precision Run® <i>Sara Zargham</i>	4:45-5:30 YS * Barefoot Sculpt <i>Adair Pounds</i>	5:45-6:30 YS * Barefoot Sculpt <i>Madeline Peterson</i>	4:45-5:45 YS * Vinyasa Yoga <i>Mimi Rieger</i>	5:45-6:45 YS * Sculpted Yoga™ <i>Anne Smith</i>	5:15-6:15 YS * Weekend Wind Down Yoga <i>Alex Hall</i>	
6:30-7:20 MS * Stronger <b>Jason Vanterpool</b>	5:30-6:15 MS * Stacked <b>Jessica Haley</b>	6:00-6:45 TR * Precision Walk: Elevate <i>Sara Zargham</i>	5:30-6:15 MS * Whipped! <i>Timbo Williams</i>			
6:45-7:35 YS * Restorative Yoga <i>Nicole Dockx</i>	5:45-6:30 YS * True Barre <i>Megan McCarthy</i>	6:30-7:15 MS * Cardio Dance <i>Mike Hubbard</i>	6:00-6:45 TR * Precision Run® <i>Alicia Trabert</i>			
	6:30-7:15 MS * Rounds: Boxing <i>Jessica Haley</i>	6:45-7:45 YS * Vinyasa Yoga <i>Hannah Cherry</i>	6:00-6:45 YS * Pilates Mat <i>Farley Price</i>			
	6:45-7:45 YS * Vinyasa Yoga <i>Jen Lee</i>	8:00-8:45 YS * Sonic Meditation <i>Hannah Cherry</i>	6:30-7:15 MS * Best Butt Ever <i>Timbo Williams</i>			
			7:15-8:15 YS * Restorative Yoga <i>Tara Purnell</i>			

# EQUINOX

## BETHESDA

4905 Elm Street

BETHESDA MD 20814

EQUINOX.COM

@EQUINOX

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

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

**SAT-SUN** 07:00 AM 08:00 PM

## GROUP FITNESS MANAGER

jason.vanterpool@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

**CL** Club Lobby

## 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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

**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 + Strength** A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Run Club** Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. 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. 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

**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** 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.

**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.

## HIIT

**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.

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

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

**TRX Max Circuit** A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

**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

**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.

**True Barre: Bala Bangle** This sculpt 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.

## 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.

**Cardio Dance: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

## Boxing

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Swim

**Hydro Athlete** An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

**Hydro Sculpt** A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

## Regeneration

**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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

## Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.