

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>	6:00-6:45 CS * Beats Ride <i>Anne Hemeon</i>	6:00-6:45 TR * Precision Run + Strength <i>Anne Hemeon</i>	6:15-7:00 MS * Ropes and Rowers <i>Kareem Cooper</i>	8:00-8:45 MS * Circuit Training <i>Jason Vanterpool</i>	8:30-9:30 YS * Power Vinyasa <i>Sun Kim</i>
6:30-7:15 CS * Beats Ride <i>Norah Davis</i>	6:15-7:05 MS * Stronger <i>Norah Davis</i>	6:00-6:45 TR * Precision Run® Adair Pounds	6:15-7:00 MS * Anne Hemeon MetCon3	7:00-7:45 CS * Beats Ride <i>Jessica Lang</i>	8:30-9:15 YS * Barre <i>Bella Merritt</i>	9:00-9:45 MS * Rounds: Boxing <i>Jessica Haley</i>
6:30-7:15 YS * Pilates Mat <i>Tara Keffer</i>	6:15-7:00 YS * Barre Emma Swain	6:15-7:05 MS * Whipped! <i>Jill Washecka</i>	6:15-7:05 YS * Barre <i>Mary-Carmen Webb</i>	7:30-8:15 MS * Athletic Conditioning <i>Kareem Cooper</i>	9:00-9:50 MS * Stronger <i>Jason Vanterpool</i>	9:15-10:00 TR * Precision Walk: Elevate <i>Kerry O'Donnell</i>
8:30-9:15 MS * TRX Max <i>Timbo Williams</i>	8:30-9:20 MS * Stronger <i>Mary-Carmen Webb</i>	8:00-9:00 YS * Power Vinyasa <i>Amberlie Price</i>	7:15-8:00 MS * Athletic Conditioning Jenn Blackburn	8:30-9:15 MS * Rhythmic Sculpt Emmanuella St. Juste	9:30-10:15 CS * Beats Ride <i>Shelby Wagenseller</i>	9:45-10:00 MS * Best Abs Ever <i>Jessica Haley</i>
9:30-10:15 MS * Stacked <i>Timbo Williams</i>	9:30-10:15 TR * Precision Run® <i>Jill Washecka</i>	8:30-9:15 MS * Cardio Dance <i>Robin Goelman</i>	8:30-9:15 MS * Stacked <i>Branden Roth</i>	8:30-9:30 YS * Vinyasa Yoga <i>Lisa Ai</i>	9:30-10:30 YS * Vinyasa Yoga Kate Symes	9:45-10:30 YS * Trilogy Barre <i>Michelle Napoli</i>
9:30-10:30 YS * Vinyasa Yoga Jess Lazar	9:30-10:30 YS * Vinyasa Yoga <i>Regina Postrekhina</i>	9:30-10:20 MS * Stronger <i>Adair Pounds</i>	9:30-10:30 YS * Vinyasa Yoga <i>Jen Lee</i>	9:30-10:15 CS * Precision Ride <i>Dave Slikker</i>	9:45-10:30 PD * Aqua Sculpt Gia-Ninh Chuang	10:00-10:45 MS * Beats Ride <i>Branden Roth</i>
10:00-10:45 PD * Aqua Sculpt <i>Gia-Ninh Chuang</i>	9:45-10:30 MS * MetCon3 <i>Jenn Blackburn</i>	9:30-10:15 YS * True Barre <i>Mary-Carmen Webb</i>	9:45-10:30 MS * Tabata Max <i>Branden Roth</i>	9:30-10:15 MS * Best Butt Ever <i>Mary-Carmen Webb</i>	10:00-10:45 MS * MetCon3 <i>Igwe Mapp</i>	10:45-11:30 MS * Athletic Conditioning <i>Michelle Napoli</i>
12:00-12:45 YS * Barre Beyond <i>Michelle Napoli</i>	10:45-11:35 YS * Pilates Rise <i>Gia-Ninh Chuang</i>	10:00-10:45 PD * Aqua Sculpt <i>Joyce Melamed-Berger</i>	10:45-11:30 YS * Athletic Stretch <i>Michelle Jamieson</i>	10:30-11:15 YS * Pilates Mat <i>Michelle Napoli</i>	10:15-11:00 TR * Precision Run® <i>Adair Pounds</i>	10:45-12:00 YS * Vinyasa Yoga <i>Jen Lee</i>
12:15-1:00 MS * Rounds: Boxing <i>Jessica Haley</i>	12:00-12:50 YS * Bala Bangle Barre Burn <i>Mary-Carmen Webb</i>	12:00-12:45 CS * Precision Ride <i>Dave Slikker</i>	12:00-12:45 YS * Barefoot Sculpt <i>Emma Swain</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Tara Keffer</i>	11:00-11:45 MS * Rounds: Boxing <i>Allan Rodas</i>	1:30-2:20 YS * Pilates Rise <i>Emma Swain</i>
4:30-5:15 YS * Pilates Fusion <i>Denese Cavanaugh</i>	12:15-1:00 MS * Circuit Training <i>Gabe Oran</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mimi Rieger</i>	12:15-1:00 MS * Stacked <i>Jessica Haley</i>	12:15-1:00 MS * Tabata Max <i>Michelle Napoli</i>	11:45-12:45 YS * Sculpted Yoga™ <i>Anne Smith</i>	3:30-4:30 YS * Gentle Yoga <i>Hannah Cherry</i>
5:30-6:15 MS * Ropes and Rowers <i>Jason Vanterpool</i>	4:30-5:15 MS * Rhythmic Sculpt Adair Pounds	12:15-1:00 MS * Athletic Conditioning <i>Jason Vanterpool</i>	4:30-5:30 YS * Vinyasa Yoga <i>Mimi Rieger</i>	4:30-5:15 MS * Stacked <i>Adair Pounds</i>	3:00-3:45 YS * Sonic Meditation <i>Lana Boone</i>	
5:30-6:20 MS * Stronger <i>Jason Vanterpool</i>	5:30-6:15 MS * Stacked <i>Jessica Haley</i>	4:30-5:15 MS * Best Butt Ever <i>Michelle Napoli</i>	5:30-6:15 MS * Barre Beyond <i>Michelle Napoli</i>	4:45-5:30 YS * Barre Mike Gray		
5:45-6:30 YS * Barefoot Sculpt <i>Nicole Dockx</i>	5:30-6:15 TR * Precision Run® <i>Adair Pounds</i>	5:30-6:20 MS * Stronger <i>Igwe Mapp</i>	5:30-6:15 TR * Precision Run® <i>Claire Kostelnik</i>	5:45-6:45 YS * Vinyasa Yoga <i>Anne Smith</i>	5:15-6:15 YS * Weekend Wind Down Yoga <i>Alex Hall</i>	
6:00-6:45 CS * Beats + Bands Ride <i>Anne Hemeon</i>	5:45-6:30 YS * Barre Bella Merritt	5:45-6:30 YS * Trilogy Barre <i>Michelle Napoli</i>	5:45-6:30 CS * Beats Ride <i>Branden Roth</i>			
6:45-7:45 YS * Vinyasa Yoga <i>Nicole Dockx</i>	6:30-7:15 MS * Rounds: Boxing <i>Jessica Haley</i>	6:00-6:45 TR * Precision Walk: Elevate <i>Christina Ross</i>	6:00-6:50 YS * Pilates Mat <i>Farley Price</i>			
	6:45-8:00 YS * Vinyasa Yoga Jen Lee	6:30-7:15 MS * Tabata Max <i>Igwe Mapp</i>	7:15-8:15 YS * Restorative Yoga <i>Jes Howard</i>			
		6:45-7:45 YS * Vinyasa Yoga <i>Hannah Cherry</i>				
		8:00-8:45 YS * Sonic Meditation <i>Hannah Cherry</i>				

EQUINOX

BETHESDA

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SUN 09:00 AM 01:00 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

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

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@ 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.

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.

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.

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.

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.

Barre Beyond Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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 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 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.

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

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.

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.