

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * MetCon3 <i>Jack Kanterman</i>	6:30-7:15 MS * Athletic Conditioning <i>Timbo Williams</i>	6:30-7:15 MS * Best Butt Ever <i>Veronika Batyan</i>	6:30-7:15 MS * MetCon3 <i>Maggie Olvera</i>	7:00-7:45 CS * Beats Ride <i>Carter Crew</i>	8:15-9:00 YS * Pilates Mat <i>Meri Jones</i>	9:00-9:30 MS * Tabata Cardio 30 <i>Jill Laptosky</i>
7:00-7:45 CS * Beats Ride <i>Cristina Baker</i>	6:45-7:30 CS * Beats Ride <i>Manuel Medrano</i>	7:00-7:45 CS * Beats Ride <i>Norah Davis</i>	6:45-7:30 CS * Beats Ride Rebecca Van Vliet	7:15-8:00 YS * Pilates Fusion <i>Emma Swain</i>	8:30-9:20 MS * Ropes and Rowers <i>Norah Davis</i>	9:00-9:45 YS * Barre Jenna Rathe
7:15-8:00 YS * Pilates Rise Rebecca Van Vliet	7:15-8:00 YS * True Barre <i>Rachel Canteri</i>	7:15-8:00 YS * Pilates Mat <i>Meri Jones</i>	7:15-8:00 YS * Bala Bangle Barre Burn <i>Emma Swain</i>	7:30-8:20 MS * Circuit Training <i>Norah Davis</i>	8:45-9:30 PD * Swim Team <i>Lauren Shank</i>	9:30-9:45 MS * Best Abs Ever <i>Jill Laptosky</i>
7:30-8:20 MS * Stronger <i>Christie Fabish</i>	7:30-8:15 MS * Best Butt Ever <i>Timbo Williams</i>	7:30-8:15 MS * MetCon3 <i>Veronika Batyan</i>	7:30-8:20 MS * Stronger <i>Maggie Olvera</i>	9:15-10:15 YS * Vinyasa Yoga <i>Chris Reber</i>	9:15-10:15 YS * Vinyasa Yoga <i>Caren Plummer</i>	10:00-10:50 MS * MetCon3 <i>Jill Laptosky</i>
9:30-10:15 MS * Sculpt <i>Stephen Murray</i>	9:15-10:15 YS * Vinyasa Yoga <i>Chris Reber</i>	9:30-10:30 PD * Aqua Sculpt <i>Marsha Hawkins</i>	9:30-10:00 MS * Upper Body Pump Brit Jones	9:30-10:15 MS * Best Butt Ever Jes Howard	9:30-10:15 CS * Cycle Power <i>Philip Goo</i>	10:00-10:50 TR * Precision Run® <i>Timbo Williams</i>
9:30-10:30 PD * Aqua Sculpt <i>Marsha Hawkins</i>	10:30-11:20 YS * Pilates Mat <i>Mike Gray</i>	9:30-10:20 YS * Pilates Rise Meri Jones	10:00-10:15 MS * Best Abs Ever Brit Jones	10:30-11:30 YS * Slow Flow Yoga Jes Howard	9:30-10:15 MS * Barre Beyond <i>Mike Gray</i>	10:00-11:00 YS * Slow Flow Yoga <i>Ryan Daniel Smith</i>
10:30-11:20 YS * True Barre <i>Mike Gray</i>	11:30-12:15 CS * Beats Ride <i>Chad Raymond</i>	10:30-11:15 MS * Barefoot Sculpt Stephen Murray	10:30-11:20 YS * Pilates Mat <i>Mike Gray</i>	11:30-12:15 CS * Beats Ride <i>Branden Roth</i>	9:35-10:35 PD * Aqua Sculpt <i>Marsha Hawkins</i>	10:45-11:30 CS * Beats Ride <i>Erick (DC) Ruiz</i>
11:30-12:15 CS * Cycle Power <i>Philip Goo</i>	11:30-12:15 YS * Best Stretch Ever <i>Jes Howard</i>	11:30-12:00 MS * Lower Body Blast <i>Philip Goo</i>	11:30-12:15 MS * Tabata Max <i>Kareem Cooper</i>	12:15-1:05 MS * Stronger <i>Jason Vanterpool</i>	10:30-11:15 MS * Athletic Conditioning <i>Philip Goo</i>	11:00-11:50 MS * Stronger <i>Timbo Williams</i>
12:15-1:00 YS * Pilates Mat (L1) <i>Meri Jones</i>	12:30-1:15 MS * Tabata Max <i>Chad Raymond</i>	12:00-12:15 MS * Best Abs Ever <i>Philip Goo</i>	11:30-12:15 YS * Best Stretch Ever <i>Mike Gray</i>	12:15-1:00 YS * Pilates Fusion <i>Emma Swain</i>	10:30-11:20 YS * True Barre <i>Mike Gray</i>	11:15-12:00 YS * Pilates Fusion <i>Emma Swain</i>
12:30-1:20 MS * Circuit Training <i>Philip Goo</i>	12:30-1:15 YS * Barre Beyond <i>Mike Gray</i>	12:15-1:00 YS * Pilates Fusion <i>Anita Singh</i>	12:30-1:15 MS * Rounds: Boxing <i>Kareem Cooper</i>	12:30-1:15 MS * Circuit Training <i>Philip Goo</i>	10:45-11:30 CS * Beats Ride <i>Mark Whitesides</i>	12:00-12:45 MS * Cardio Dance <i>Erick (DC) Ruiz</i>
4:15-5:00 YS * Pilates Mat <i>Jes Howard</i>	4:15-5:00 YS * Bala Bangle Barre Burn <i>Emma Swain</i>	12:30-1:20 MS * Circuit Training <i>Philip Goo</i>	4:30-5:15 YS * Pilates Mat <i>Amanda Williams</i>	4:30-5:15 MS * Upper Body Pump <i>Stephen Murray</i>	11:30-12:15 MS * Cardio Dance <i>Veronika Batyan</i>	12:15-1:15 YS * Vinyasa Yoga <i>Brian Kaufman</i>
4:30-5:20 MS * Stronger Branden Roth	5:00-5:45 MS * Circuit Training Brit Jones	4:30-5:00 MS * Upper Body Pump <i>Stephen Murray</i>	5:00-5:45 MS * Best Butt Ever <i>Timbo Williams</i>	5:00-5:15 MS * Best Abs Ever <i>Stephen Murray</i>	11:30-12:15 YS * Best Stretch Ever <i>Mario Austin</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Mimi Rieger</i>
5:15-6:00 YS * Pilates Rise <i>Mike Gray</i>	5:15-6:15 YS * Vinyasa Yoga <i>Lisa Ai</i>	5:00-5:15 MS * Best Abs Ever <i>Stephen Murray</i>	5:30-6:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	5:30-6:15 CS * Beats + Bands Ride <i>Erick (DC) Ruiz</i>	12:30-1:00 MS * Best Butt Ever <i>Veronika Batyan</i>	5:10-6:10 YS * Vinyasa Yoga <i>Mimi Rieger</i>
5:30-6:15 MS * Cardio Dance <i>Gabriel Sanchez</i>	5:45-6:30 CS * Beats Ride <i>Christine McDonough</i>	5:00-6:00 YS * Slow Flow Yoga <i>Jes Howard</i>	5:30-6:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	6:30-7:15 MS * Zumba® <i>Erick (DC) Ruiz</i>	12:30-1:30 YS * Vinyasa Yoga <i>Chris Reber</i>	
5:30-6:20 TR * Precision Run® <i>Jenn Auchterlonie</i>	6:00-6:50 MS * Stronger Brit Jones	5:30-6:20 MS * MetCon3 <i>Stephen Murray</i>	5:30-6:15 PD * Best Stretch Ever <i>Mario Austin</i>	6:30-7:30 MS * Gentle Yoga <i>Mario Austin</i>	1:00-1:15 MS * Best Abs Ever <i>Veronika Batyan</i>	
5:45-6:30 CS * Beats Ride <i>Branden Roth</i>	6:30-7:30 PD * Aqua Sculpt <i>Marsha Hawkins</i>	5:45-6:30 CS * Beats Ride <i>Branden Roth</i>	6:00-6:45 MS * Tabata Max <i>Timbo Williams</i>	6:30-7:15 CS * Beats Ride Warren Perry		
6:15-7:15 YS * Sculpted Yoga™ <i>Ryan Daniel Smith</i>	6:30-7:15 YS * Barre <i>Emma Swain</i>	6:00-6:50 TR * Precision Run® <i>Kelly Foley</i>	6:30-7:15 MS * Tabata Max <i>Timbo Williams</i>	6:30-7:15 YS * True Barre <i>Mary-Carmen Webb</i>		
6:30-7:20 MS * MetCon3 <i>Jenn Auchterlonie</i>	7:30-8:30 YS * Vinyasa Yoga <i>Chris Reber</i>	6:15-7:30 YS * Gentle Yoga <i>Mario Austin</i>	6:30-7:15 YS * True Barre <i>Mary-Carmen Webb</i>	7:00-7:50 MS * Stronger <i>Timbo Williams</i>		
7:20-7:50 MS * Best Abs Ever <i>Jenn Auchterlonie</i>		6:30-7:20 MS * Circuit Training <i>Philip Goo</i>	7:00-7:50 MS * Stronger <i>Timbo Williams</i>	7:30-8:30 YS * Restorative Yoga <i>Emma Silverman</i>		

EQUINOX

SPORTS CLUB WASHINGTON D.C.

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WASHINGTON DC 20037

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

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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.

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 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.

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.

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.

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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 Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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.

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.

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.

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

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.

EQX H2O: Swim Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

Swim Team Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles 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.