

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>Eliazar Chacha</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>	7:15-8:00 YS * Barefoot Sculpt <i>Rachel Canteri</i>	7:00-7:45 CS * Beats Ride <i>Norah Davis</i>	7:15-8:00 YS * Bala Bangle Barre Burn <i>Emma Swain</i>	7:15-8:00 YS * Pilates Fusion <i>Emma Swain</i>	8:30-9:20 MS * Stronger <i>Norah Davis</i>	9:00-9:45 YS * Barre <i>Sara Syryla</i>
7:15-8:00 YS * Pilates Rise <i>Rebecca Van Vliet</i>	7:30-8:15 MS * Best Butt Ever <i>Timbo Williams</i>	7:15-8:00 YS * Pilates Mat (L2) <i>Meri Jones</i>	7:30-8:20 MS * Stronger <i>Maggie Olvera</i>	7:30-8:20 MS * Ropes and Rowers <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>	8:15-9:15 YS * Vinyasa Yoga <i>Chris Reber</i>	7:30-8:15 MS * MetCon3 <i>Veronika Batyan</i>	8:30-9:00 MS * Upper Body Pump <i>Brit Jones</i>	9:15-10:15 YS * Vinyasa Yoga <i>Chris Reber</i>	9:15-10:15 CS * Endurance Ride 60 <i>Philip Goo</i>	10:00-10:45 MS * Circuit Training <i>Jill Laptosky</i>
8:15-9:15 YS * Vinyasa Yoga <i>Ryan Daniel Smith</i>	10:30-11:20 YS * Pilates Mat <i>Mike Gray</i>	8:15-9:00 YS * Power Vinyasa <i>Ryan Daniel Smith</i>	9:00-9:15 MS * Best Abs Ever <i>Brit Jones</i>	9:30-10:15 MS * Best Butt Ever <i>Jes Howard</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Tara Keffer</i>	10:00-10:50 YS * Best Stretch Ever <i>Mike Gray</i>
9:30-10:30 PD * Aqua Sculpt <i>Marsha Hawkins</i>	11:30-12:15 CS * Beats Ride <i>Chad Raymond</i>	9:30-10:30 PD * Aqua Sculpt <i>Marsha Hawkins</i>	10:30-11:20 YS * Pilates Mat <i>Mike Gray</i>	10:30-11:30 YS * Slow Flow Yoga <i>Jes Howard</i>	9:30-10:15 MS * Barre Beyond <i>Mike Gray</i>	10:45-11:30 CS * Beats Ride <i>Erick Ruiz</i>
10:30-11:20 YS * True Barre <i>Mike Gray</i>	11:30-12:15 YS * Best Stretch Ever <i>Jes Howard</i>	9:30-10:20 YS * Pilates Rise <i>Meri Jones</i>	11:30-12:15 YS * Best Stretch Ever <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>	11:00-11:50 MS * Stronger <i>Timbo Williams</i>
11:15-12:15 CS * Endurance Ride 60 <i>Philip Goo</i>	12:30-1:15 MS * Tabata Max <i>Chad Raymond</i>	10:30-11:15 YS * Barefoot Sculpt <i>Emmanuella St. Juste</i>	12:30-1:15 MS * Rounds: Boxing <i>Kareem Cooper</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>
12:15-1:00 YS * Pilates Mat (L1) <i>Meri Jones</i>	12:30-1:15 YS * Barre Beyond <i>Mike Gray</i>	11:30-12:15 MS * Best Butt Ever <i>Philip Goo</i>	12:30-1:15 YS * EQX Barre Burn <i>Mary Love</i>	12:30-1:20 MS * Stronger <i>Jason Vanterpool</i>	10:45-11:30 CS * Beats Ride <i>Mark Whitesides</i>	11:45-12:30 CS * Precision Ride <i>Stephen Murray</i>
12:30-1:15 MS * Ropes and Rowers <i>Philip Goo</i>	4:30-5:15 YS * Bala Bangle Barre Burn <i>Emma Swain</i>	12:15-1:00 YS * Pilates Fusion <i>Anita Singh</i>	4:30-5:15 YS * Pilates Mat <i>Anita Singh</i>	4:30-5:15 MS * MetCon3 <i>Jihad Watt</i>	11:30-12:15 MS * Cardio Dance: Sofi Tukker <i>Veronika Batyan</i>	12:00-12:50 TR * Precision Run® <i>Timbo Williams</i>
4:30-5:20 MS * Stronger <i>Branden Roth</i>	5:15-6:00 MS * Circuit Training <i>Brit Jones</i>	12:30-1:20 MS * Circuit Training <i>Philip Goo</i>	5:15-6:00 MS * Best Butt Ever <i>Timbo Williams</i>	5:15-6:05 YS * Pilates Rise <i>Emma Swain</i>	11:30-12:15 YS * Best Stretch Ever <i>Mario Austin</i>	12:15-1:15 YS * Vinyasa Yoga <i>Brian Kaufman</i>
5:15-6:00 YS * Pilates Rise <i>Jes Howard</i>	5:30-6:20 YS * Vinyasa Yoga <i>Lisa Ai</i>	4:30-5:00 MS * Upper Body Pump <i>Stephen Murray</i>	5:15-6:00 PD * Best Abs Ever <i>Timbo Williams</i>	5:30-6:15 CS * Beats + Bands Ride <i>Erick Ruiz</i>	12:30-1:00 MS * Best Butt Ever <i>Veronika Batyan</i>	4:00-5:00 YS * Weekend Wind Down 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>	5:00-5:15 MS * Best Abs Ever <i>Stephen Murray</i>	5:30-6:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	6:30-7:15 MS * Cardio Dance: Zumba® <i>Erick Ruiz</i>	12:30-1:30 YS * Vinyasa Yoga <i>Chris Reber</i>	
5:30-6:20 TR * Precision Run® <i>Jenn Auchterlonie</i>	6:15-7:00 MS * Stronger <i>Brit Jones</i>	5:00-6:00 YS * Slow Flow Yoga <i>Jes Howard</i>	5:30-6:20 YS * Power Vinyasa (L2) <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>	5:30-6:20 MS * MetCon3 <i>Stephen Murray</i>	6:15-7:00 MS * Stronger <i>Timbo Williams</i>	6:30-7:15 YS * True Barre <i>Mary-Carmen Webb</i>		
6:15-7:15 YS * Sculpted Yoga™ <i>Ryan Daniel Smith</i>	6:30-7:15 YS * Barre <i>Emma Swain</i>	5:45-6:30 CS * Beats Ride <i>Branden Roth</i>	6:30-7:15 YS * True Barre <i>Mary-Carmen Webb</i>	7:15-7:45 MS * Best Abs Ever <i>Timbo Williams</i>		
6:30-7:20 MS * MetCon3 <i>Jenn Auchterlonie</i>	6:45-7:45 CS * Endurance Ride 60 <i>Philip Goo</i>	6:00-6:50 TR * Precision Run® <i>Kelly Foley</i>	7:15-7:45 MS * Best Abs Ever <i>Timbo Williams</i>	7:30-8:30 YS * Restorative Yoga <i>Emma Silverman</i>		
6:45-7:30 CS * Precision Ride <i>Stephen Murray</i>	7:15-8:00 MS * Rounds: Boxing <i>Evelyn Lugo</i>	6:15-7:30 YS * Gentle Yoga <i>Mario Austin</i>	7:30-8:30 YS * Restorative Yoga <i>Emma Silverman</i>			
7:20-7:50 MS * Best Abs Ever <i>Jenn Auchterlonie</i>	7:30-8:30 YS * Vinyasa Yoga <i>Chris Reber</i>	6:30-7:20 MS * Circuit Training <i>Philip Goo</i>				

# EQUINOX

## SPORTS CLUB WASHINGTON D.C.

1170 22nd St NW

WASHINGTON DC 20037

EQUINOX.COM

@EQUINOX

**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

mike.gray@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®** 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.

**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.

**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.

**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.

**EQX Barre Burn** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. 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.

**Cardio Dance: Sofi Tukker** A cardio dance experience that exclusively explores a musical artist, genre, or dance style -- with a playlist carefully curated by your Equinox instructor. 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 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.

**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.

**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.