

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * MetCon3 <i>Jack Kanterman</i>	6:15-7:00 CS * Beats Ride <i>Eliazar Chacha</i>	6:30-7:15 MS * Rhythmic Sculpt <i>Veronika Batyan</i>	6:15-7:00 YS * Barefoot Sculpt <i>Rebecca Van Vliet</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>
7:30-8:20 MS * Stronger <i>Christie Fabish</i>	6:30-7:15 MS * Athletic Conditioning <i>Timbo Williams</i>	7:00-7:45 CS * Beats Ride <i>Norah Davis</i>	6:30-7:15 MS * MetCon3 <i>Maggie Olvera</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>
8:15-9:15 YS * Vinyasa Yoga <i>Ryan Daniel Smith</i>	7:15-8:00 YS * Barefoot Sculpt <i>Rachel Canteri</i>	7:15-8:00 YS * Pilates Mat (L2) <i>Meri Jones</i>	7:15-8:00 YS * Bala Bangle Barre Burn <i>Emma Swain</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>
8:30-9:15 CS * Beats Ride <i>Eliazar Chacha</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 CS * Endurance Ride 60 <i>Philip Goo</i>	10:00-10:45 MS * Circuit Training <i>Jill Laptosky</i>
9:00-9:45 YS * Pilates Rise <i>Rebecca Van Vliet</i>	8:30-9:15 MS * Stacked <i>Brit Jones</i>	8:15-9:15 YS * Vinyasa Yoga <i>Chris Reber</i>	8:30-9:00 MS * Upper Body Pump <i>Brit Jones</i>	9:30-10:15 MS * Best Butt Ever <i>Jes Howard</i>	9:15-10:15 YS * <b>Power Vinyasa</b> <b>Emani Walks</b>	10:00-10:45 YS * Best Stretch Ever <i>Mike Gray</i>
9:30-10:30 PD * Aqua Sculpt <i>Marsha Hawkins</i>	10:30-11:20 YS * Pilates Mat <i>Mike Gray</i>	9:30-10:30 PD * Aqua Sculpt <i>Marsha Hawkins</i>	9:00-9:15 MS * Best Abs Ever <i>Brit Jones</i>	10:30-11:30 YS * Slow Flow Yoga <i>Jes Howard</i>	9:30-10:15 MS * Rhythmic Sculpt <i>Mike Gray</i>	11:00-11:45 CS * Beats Ride <i>Bryan Ensel</i>
10:30-11:15 YS * True Barre <i>Mike Gray</i>	11:30-12:15 CS * Beats Ride <i>Timbo Williams</i>	9:30-10:20 YS * Pilates Rise <i>Meri Jones</i>	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>	11:00-11:50 MS * Stronger <i>Timbo Williams</i>
11:15-12:15 CS * Endurance Ride 60 <i>Philip Goo</i>	11:30-12:15 YS * Best Stretch Ever <i>Jes Howard</i>	10:30-11:15 YS * Barefoot Sculpt <i>Emmanuella St. Juste</i>	11:30-12:15 YS * Best Stretch Ever <i>Mike Gray</i>	12:15-1:00 YS * Pilates Fusion <i>Emma Swain</i>	10:30-11:15 MS * Athletic Conditioning <i>Philip Goo</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 MS * MetCon3 <i>Adair Pounds</i>	11:30-12:15 MS * Best Butt Ever <i>Philip Goo</i>	12:30-1:15 MS * Rounds: Boxing <i>Kareem Cooper</i>	12:30-1:20 MS * Stronger <i>Branden Roth</i>	10:45-11:30 CS * Beats Ride <i>Timbo Williams</i>	12:00-12:45 MS * Cardio Dance <i>Erick Ruiz</i>
12:30-1:15 MS * Ropes and Rowers <i>Philip Goo</i>	12:30-1:15 MS * Barre Beyond <i>Mike Gray</i>	12:15-1:00 YS * Pilates Fusion <i>Mike Gray</i>	12:30-1:15 YS * EQX Barre Burn <i>Mary Love</i>	4:30-5:15 MS * MetCon3 <i>Jihad Watt</i>	12:00-12:50 TR * Precision Run® <i>Timbo Williams</i>	12:15-1:30 YS * Vinyasa Yoga <i>Brian Kaufman</i>
4:30-5:20 MS * Stronger <i>Branden Roth</i>	4:30-5:15 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>Mike Gray</i>	5:15-6:00 YS * Barre <i>Emma Swain</i>	11:30-12:15 MS * Cardio Dance <i>Veronika Batyan</i>	12:15-1:30 YS * Vinyasa Yoga <i>Brian Kaufman</i>
5:15-6:00 YS * Pilates Rise <i>Jes Howard</i>	5:15-6:00 MS * Circuit Training <i>Brit Jones</i>	4:30-5:00 MS * Upper Body Pump <i>Stephen Murray</i>	5:15-6:00 MS * Best Butt Ever <i>Timbo Williams</i>	5:30-6:15 CS * Beats + Bands Ride <i>Erick Ruiz</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>
5:30-6:15 MS * Cardio Dance <i>Gabriel Sanchez</i>	5:30-6:15 CS * Beats Ride <i>Christine McDonough</i>	5:00-5:15 MS * Best Abs Ever <i>Stephen Murray</i>	5:15-6:00 PD * Swim Team <i>Lauren Shank</i>	6:30-7:15 MS * Cardio Dance: Zumba® <i>Erick Ruiz</i>	12:30-1:00 MS * Best Butt Ever <i>Veronika Batyan</i>	
5:30-6:20 TR * Precision Run® <i>Jenn Auchterlonie</i>	5:30-6:20 YS * Power Vinyasa <i>Chris Reber</i>	5:15-6:15 YS * Slow Flow Yoga <i>Ryan Daniel Smith</i>	5:30-6:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	6:30-7:30 MS * Cardio Dance: Zumba® <i>Erick Ruiz</i>	12:30-1:30 YS * Vinyasa Yoga <i>Chris Reber</i>	
5:45-6:30 CS * Beats Ride <i>Branden Roth</i>	6:15-7:00 MS * Stronger <i>Brit Jones</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Stephen Murray</i>	5:30-6:20 YS * Power Vinyasa (L2) <i>Mario Austin</i>	6:30-7:30 YS * Gentle Yoga <i>Mario Austin</i>	1:00-1:15 MS * Best Abs Ever <i>Veronika Batyan</i>	
6:15-7:15 YS * Sculpted Yoga™ <i>Ryan Daniel Smith</i>	6:30-7:30 PD * Aqua Sculpt <i>Marsha Hawkins</i>	5:45-6:30 CS * Beats Ride <i>Branden Roth</i>	6:15-7:00 MS * Stronger <i>Timbo Williams</i>			
6:30-7:20 MS * MetCon3 <i>Jenn Auchterlonie</i>	6:30-7:15 YS * Pilates Fusion <i>Emma Swain</i>	6:00-6:50 TR * Precision Run® <i>Kelly Foley</i>	6:30-7:15 YS * True Barre <i>Mary-Carmen Webb</i>			
6:45-7:35 TR * Precision Run® <i>Kerry O'Donnell</i>	7:15-8:00 MS * Rounds: Boxing <i>Evelyn Lugo</i>	6:30-7:20 MS * Circuit Training <i>Philip Goo</i>	7:30-8:30 YS * Slow Flow Yoga <i>Regina Postrehina</i>			
7:20-7:50 MS * Best Abs Ever <i>Jenn Auchterlonie</i>	7:30-8:30 YS * Vinyasa Yoga <i>Chris Reber</i>	6:30-7:30 YS * Gentle Yoga <i>Mario Austin</i>				

# EQUINOX

## SPORTS CLUB WASHINGTON D.C.

1170 22nd St NW

WASHINGTON DC 20037

EQUINOX.COM

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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

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.

## 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.

**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.

## 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.

**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.

**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.

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

## Boxing

**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

**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.

## Regeneration

**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.

**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.

**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.