

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Jack Kanterman</i>	6:30-7:15 MS * Best Butt Ever <i>Adair Pounds</i>	6:30-7:15 MS * Stacked <i>Veronika Batyan</i>	6:30-7:20 MS * Stronger <i>Jill Laptosky</i>	6:30-7:15 MS * Core6 <i>Olivia Speno</i>	8:30-9:15 YS * Pilates Rise <i>Jessica Mahler</i>	9:00-9:45 YS * True Barre: Cardio <i>Sara Syryla</i>
6:45-7:15 TR * Precision Run 30 <i>Kevin St-Fort</i>	6:45-7:30 CS * Beats Ride <i>Julia Hawkins</i>	6:45-7:30 CS * Beats Ride <i>Norah Davis</i>	6:45-7:30 CS * Beats Ride <i>Eliazar Chacha</i>	7:00-7:45 YS * Pilates Rise <i>Emma Swain</i>	9:15-10:00 MS * Whipped! <b>Jason Vanterpool</b>	9:30-10:15 MS * Stacked <i>Jill Laptosky</i>
7:00-7:45 YS * Power Vinyasa <i>Chelsea Estevez</i>	7:15-8:00 YS * Barefoot Sculpt <i>Rachel Canteri</i>	7:00-7:45 YS * Pilates Mat (L2) <i>Kaila Overton</i>	7:15-8:00 YS * True Barre: Bala Bangle <i>Emma Swain</i>	7:30-8:15 MS * Athletic Conditioning <i>Bryan Ensel</i>	9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	9:30-10:30 PD * Hydro Sculpt <i>Bryan Ensel</i>
7:30-8:20 MS * Stronger <i>Kevin St-Fort</i>	7:30-8:15 MS * Athletic Conditioning <i>Adair Pounds</i>	7:30-8:15 MS * Core6 <i>Veronika Batyan</i>	7:30-8:20 MS * Ropes and Rowers <i>Norah Davis</i>	9:15-10:15 YS * Vinyasa Yoga <i>Chris Reber</i>	9:30-10:15 YS * True Barre: Off the Barre <i>Mike Gray</i>	10:00-10:45 YS * Barefoot Sculpt <i>Stephen Murray</i>
9:15-10:15 YS * Vinyasa Yoga <b>Emma Silverman</b>	9:15-10:00 YS * True Barre <i>Mary Love</i>	9:15-10:00 YS * Best Stretch Ever <i>Veronika Batyan</i>	9:15-10:00 YS * Barefoot Sculpt <i>Madeline Peterson</i>	9:30-10:15 MS * Stacked <i>Jason Vanterpool</i>	10:00-10:45 CS * Beats Ride <i>Wardah Rana</i>	10:30-11:20 MS * Stronger <b>Jason Vanterpool</b>
9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	10:30-11:20 YS * Pilates Mat (L2) <i>Mike Gray</i>	9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	10:30-11:20 YS * Pilates Mat <i>Mike Gray</i>	10:30-11:15 YS * Barefoot Sculpt <i>Christianna Wood</i>	10:15-11:00 MS * MetCon3 <b>Jason Vanterpool</b>	11:00-11:45 CS * Beats Ride <i>Bryan Ensel</i>
10:30-11:15 YS * True Barre <b>Meri Jones</b>	11:30-12:15 YS * Best Stretch Ever <i>Jes Howard</i>	10:30-11:15 YS * True Barre: Bala Bangle <i>Emma Swain</i>	11:30-12:15 YS * True Barre <i>Mary Love</i>	11:30-12:15 CS * Beats Ride <i>Eliazar Chacha</i>	10:30-11:15 YS * Pilates Mat <i>Mike Gray</i>	11:15-12:00 YS * Pilates Fusion <i>Emma Swain</i>
11:30-12:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	12:30-1:15 MS * MetCon3 <i>Jes Howard</i>	11:30-12:15 MS * Stacked <b>Jason Vanterpool</b>	12:30-1:15 MS * Rounds: Boxing <i>Kareem Cooper</i>	12:15-1:00 YS * Pilates Fusion <i>Emma Swain</i>	11:00-11:50 TR * Precision Run® <i>Kevin St-Fort</i>	11:30-12:15 MS * Rounds: Boxing <b>Amish Darr</b>
12:15-1:00 YS * Pilates Mat (L1) <i>Kaila Overton</i>	12:30-1:15 YS * True Barre: Cardio <i>Mike Gray</i>	12:15-1:00 YS * Pilates Rise <i>Meri Jones</i>	12:30-1:15 YS * Best Stretch Ever <i>Mike Gray</i>	12:30-1:20 MS * Stronger <i>Brianne Anderson</i>	11:15-12:00 MS * Core6 <i>Veronika Batyan</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Jessica Mahler</i>
12:30-1:15 MS * Athletic Conditioning <i>Mary-Carmen Webb</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Emma Swain</i>	12:30-1:15 MS * Circuit Training <b>Jason Vanterpool</b>	4:30-5:15 YS * Pilates Mat <i>Emma Silverman</i>	4:30-5:15 MS * Core6 <i>Bryan Ensel</i>	11:30-12:15 YS * Best Stretch Ever <i>Mario Austin</i>	3:00-3:45 YS * Pilates Mat <i>Tarcy Thompson</i>
4:30-5:15 MS * Best Butt Ever <i>Kevin St-Fort</i>	5:00-5:50 MS * Stronger <i>Kevin St-Fort</i>	4:30-5:15 MS * Stacked <b>Stephen Murray</b>	5:00-5:45 MS * Body Sculpt <i>Megan McCarthy</i>	5:00-5:45 YS * Pilates Fusion <i>Stephen Murray</i>	12:15-1:00 MS * Best Butt Ever <i>Veronika Batyan</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Mimi Rieger</i>
5:00-5:45 YS * Pilates Rise <i>Stephen Murray</i>	5:15-6:00 CS * Beats Ride <i>Amy Hilton</i>	5:00-5:45 YS * Barefoot Sculpt <i>Megan McCarthy</i>	5:15-6:00 CS * Beats Ride <i>Mary-Carmen Webb</i>	5:30-6:15 CS * Beats + Bands Ride <i>Erick Ruiz</i>	12:30-1:30 YS * Vinyasa Yoga <i>Chris Reber</i>	
5:30-6:15 MS * Cardio Dance <i>Gabriel Sanchez</i>	5:30-6:30 YS * Vinyasa Yoga <i>Chris Reber</i>	5:30-6:15 MS * Cardio Dance <i>Erick Ruiz</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Chelsea Estevez</i>	5:30-6:15 MS * Rounds: Boxing <i>Allan Rodas</i>	3:00-3:45 YS * Pilates Fusion <i>Alissa Wilmina Diaz</i>	
5:30-6:20 TR * Precision Run® <i>Jenn Auchterlonie</i>	6:00-6:45 MS * Body Sculpt <i>Emmanuella St. Juste</i>	5:30-6:20 TR * Precision Walk: Elevate <i>Kevin St-Fort</i>	6:00-6:50 MS * Stronger <i>Cristina Baker</i>	6:00-7:00 YS * Gentle Yoga <i>Mario Austin</i>	4:00-5:00 YS * Yin Yoga + Sound Meditation <i>Alissa Wilmina Diaz</i>	
5:45-6:30 CS * Beats Ride <i>Janelle Tibayan</i>	6:00-6:30 TR * Precision Run 30 <i>Kevin St-Fort</i>	5:45-6:30 CS * Beats Ride <i>Cherie Buday</i>	6:30-7:15 PD * Swim: Skills + Drills <b>Carl Aull</b>	6:30-7:15 MS * Cardio Dance <i>Erick Ruiz</i>		
6:00-6:45 YS * Barefoot Sculpt <i>Christianna Wood</i>	6:30-7:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	6:00-6:45 YS * Best Stretch Ever <i>Mario Austin</i>	6:45-7:30 YS * True Barre <i>Mary-Carmen Webb</i>			
6:30-7:15 MS * MetCon Monday <i>Jenn Auchterlonie</i>	6:45-7:30 YS * Pilates Fusion <i>Emma Swain</i>	6:30-7:15 MS * Best Butt Ever <b>Allan Rodas</b>				
7:00-8:00 YS * Vinyasa Yoga <i>Ryan Daniel Smith</i>	7:00-7:45 MS * Rounds: Boxing <i>Evelyn Lugo</i>	7:00-8:00 YS * Restorative Yoga <i>Mario Austin</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

kevin.stfort@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.

### **Running**

**Precision Run 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

**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.

**Yin Yoga + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

### **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.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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.

**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.

**True Barre: Cardio** Give your barre workout a cardio boost 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: Off the Barre** 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.

### **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**

**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 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.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are 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.

**Body 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.

### **Strength**

**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.

**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.