

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Circuit Training <i>Jihad Watt</i>	6:15-7:00 MS * TRX Max Circuit <i>Payton Lissette</i>	6:15-7:00 YS * Power Vinyasa <i>Christine Ho</i>	6:15-7:00 MS * Athletic Conditioning <i>Emmanuella St. Juste</i>	6:30-7:15 MS * Tabata Max <i>Christie Fabish</i>	8:15-9:00 YS * Pilates Mat <i>Emma Swain</i>	8:30-9:15 MS * Rhythmic Sculpt <i>Mike Gray</i>
6:45-7:30 YS * Vinyasa Yoga (HEATED) <i>Caren Plummer</i>	6:30-7:15 YS * <b>Pilates Mat</b> <i>Emmanuella St. Juste</i>	6:30-7:15 MS * Jump Rope Training <i>Timbo Williams</i>	6:30-7:15 YS * Pilates Fusion <i>Karri Mae Becker</i>	6:45-7:30 YS * Vinyasa Yoga (HEATED) <i>Kimia Nikseresht</i>	8:45-9:30 BR * Rounds: Pro (L3) <i>Kareem Cooper</i>	9:15-10:15 YS * Vinyasa Yoga (HEATED) <i>Lisa Ai</i>
7:00-7:45 CS * Beats Ride <i>Amy Hilton</i>	7:15-8:00 BR * Rounds: Pro (L3) <i>Branden Allen</i>	7:00-7:50 CS * Precision Ride <i>Stephen Murray</i>	7:15-8:00 BR * Rounds: Pro (L3) <b>Dre Howard</b>	7:00-7:45 CS * Beats Ride <i>Cristina Baker</i>	9:00-9:50 MS * Whipped! <i>Emmanuella St. Juste</i>	9:30-10:20 CS * Precision Ride <i>Stephen Murray</i>
7:15-8:00 BR * Rounds: Boxing <i>Allan Rodas</i>	7:15-8:05 MS * Ropes and Rowers <i>Philip Goo</i>	7:15-8:00 BR * Rounds: Boxing <i>Evelyn Lugo</i>	7:15-8:05 MS * MetCon3 <i>Christie Fabish</i>	7:30-8:15 BR * Rounds: Boxing <i>Lauren Polovoy</i>	9:15-10:00 YS * Vinyasa Yoga <i>CJ Hunter</i>	9:45-10:30 MS * Stacked <i>Jack Kanterman</i>
7:30-8:15 MS * Stronger <i>Anita Singh</i>	7:30-8:20 TR * Precision Run® <i>Christie Fabish</i>	7:15-8:00 YS * Barre <i>Sara Hoenes</i>	7:30-8:20 TR * Precision Run® <i>Sam Trioli</i>	7:30-8:20 TR * Precision Run® <i>Christie Fabish</i>	9:30-10:20 TR * Precision Run® <i>Brit Jones</i>	10:15-11:00 BR * Rounds: Boxing <i>Angela Meyer</i>
7:45-8:30 YS * Barre <i>Jenna Rathe</i>	7:30-8:15 YS * Vinyasa Yoga (HEATED) <i>Allison Solley</i>	7:30-8:15 MS * Stronger <i>Timbo Williams</i>	7:30-8:15 YS * Trilogy Barre <i>Jenna Rathe</i>	7:45-8:30 MS * Rhythmic Sculpt <i>Adair Pounds</i>	9:45-10:30 BR * Rounds: Boxing <i>Lauren Polovoy</i>	10:30-11:15 YS * Pilates Mat (HEATED) <i>Stephen Murray</i>
12:00-12:50 MS * Whipped! <i>Timbo Williams</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Tara Keffer</i>	12:00-12:45 MS * Rhythmic Sculpt <i>Maddie Roger</i>	12:00-12:50 YS * Power Vinyasa <i>Jes Howard</i>	10:30-11:15 YS * Pilates Mat <i>Anita Singh</i>	10:00-10:45 MS * Best Butt Ever <i>Savannah Fox</i>	11:00-11:50 MS * Ropes and Rowers <i>Philip Goo</i>
12:15-1:05 YS * Vinyasa Yoga <i>Natalie Clark</i>	12:15-1:00 MS * Stronger <i>Brit Jones</i>	12:15-1:00 YS * Pilates Rise <i>Emma Swain</i>	12:15-1:00 MS * Body Sculpt <i>Emmanuella St. Juste</i>	12:00-12:45 MS * Athletic Conditioning <i>Kareem Cooper</i>	10:15-11:00 YS * Trilogy Barre <i>Talya Krumholz</i>	11:30-12:30 YS * Power Vinyasa (HEATED) <i>Angela Meyer</i>
5:15-6:00 MS * Tabata Max <i>Lexi Young</i>	5:15-5:45 MS * Upper Body Pump <i>Lexi Young</i>	5:15-6:00 MS * Stacked <i>Timbo Williams</i>	5:15-6:00 YS * Barre <i>David Lambert-McMichael</i>	12:15-1:15 YS * Vinyasa Yoga <i>Camryn Bickham</i>	10:30-11:15 CS * Beats Ride <i>Lexi Young</i>	3:45-5:00 YS * Vinyasa Yoga <i>Alex Hall</i>
5:30-6:15 YS * <b>Pilates Mat (HEATED)</b> <i>Emmanuella St. Juste</i>	5:30-6:15 YS * Pilates Fusion <i>Anita Singh</i>	5:30-6:15 YS * <b>Power Vinyasa (HEATED)</b> <i>Natalie Clark</i>	5:30-6:00 MS * Tabata Cardio 30 <i>Brit Jones</i>	4:45-5:30 MS * Athletic Conditioning <i>Lexi Young</i>	10:45-11:30 BR * Rounds: Boxing Circuit <i>Branden Allen</i>	5:15-6:00 YS * Sound Meditation <i>Alissa Wilmina Diaz</i>
6:00-6:45 BR * Rounds: Boxing <i>Khalil Jones</i>	5:45-6:05 MS * <b>Best Abs Ever</b> <i>Lexi Young</i>	6:00-7:00 BR * Rounds: Boxing <i>Will Webb</i>	6:00-6:45 CS * Beats Ride <i>Mark Whitesides</i>	5:30-6:15 YS * Pilates Fusion <i>Sara Hoenes</i>	11:00-11:45 MS * MetCon3 <i>Kareem Cooper</i>	
6:15-7:00 MS * MetCon Monday <i>Timbo Williams</i>	6:00-6:45 BR * Rounds: Boxing <i>Mona Garcia</i>	6:00-6:45 CS * Beats Ride <i>Amy Hilton</i>	6:00-6:20 MS * <b>Best Abs Ever</b> <i>Brit Jones</i>	6:30-7:30 YS * Vinyasa Yoga <i>Alex Garza</i>	11:15-12:00 YS * Barefoot Sculpt <i>Talya Krumholz</i>	
6:30-7:15 CS * Beats Ride <i>Mark Whitesides</i>	6:00-6:50 TR * Precision Run® <i>Timbo Williams</i>	6:15-7:00 MS * TRX Max Circuit <i>Emmanuella St. Juste</i>	6:15-7:00 YS * Pilates Fusion <i>Natalie Clark</i>		12:15-1:15 YS * Weekend Wind Down Yoga <i>Gregory Turk</i>	
6:30-7:15 YS * Barre <i>Stephen Murray</i>	6:15-7:00 CS * Beats Ride <i>Lexi Young</i>	6:30-7:20 TR * Precision Run® <i>Timbo Williams</i>	6:30-7:15 MS * Stronger <i>Brit Jones</i>			
7:00-7:45 BR * Rounds: Boxing <i>Khalil Jones</i>	6:15-7:00 MS * Athletic Conditioning <i>Savannah Fox</i>	6:30-7:15 MS * <b>Bala Bangle Barre</b> <i>Burn</i>	7:15-8:15 YS * Vinyasa Yoga (HEATED) <i>Camryn Bickham</i>			
7:15-8:00 MS * Best Butt Ever <i>Timbo Williams</i>	6:30-7:15 YS * Barefoot Sculpt (HEATED) <i>Rebecca Van Vliet</i>	7:30-8:30 YS * Restorative Yoga <i>CJ Hunter</i>				
7:30-8:15 YS * Yin Yoga <i>Alex Garza</i>	7:15-8:00 MS * Stronger <i>Timbo Williams</i>					
	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Caren Plummer</i>					

# EQUINOX

## ANTHEM ROW

800 K Street NW, Suite 90  
WASHINGTON DC 20001  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 08:00 AM 07:00 PM

## GROUP FITNESS MANAGER

jason.greenwald@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**BR** Boxing Studio

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**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.

**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 Sikk. 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

**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.

**Power Vinyasa (HEATED)** 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.

**Vinyasa Yoga (HEATED)** 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** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## 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.

**Jump Rope Training** A fast-paced, high-intensity jump rope workout guaranteed to burn calories. Increase your stamina, agility, and mental acuity, and discover just how challenging a jump rope can be.

**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.

**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 Circuit** A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

**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.

**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.

**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.

## 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 Mat (HEATED)** 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.

## 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.

**Rounds: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

## Regeneration

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Barefoot Sculpt (HEATED)** 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.

**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.

**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.