

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Circuit Training <i>Jihad Watt</i>	6:30-7:15 MS * Pure Strength <i>Payton Lissette</i>	6:30-7:15 MS * Jump Rope Training <i>Timbo Williams</i>	6:30-7:15 MS * Athletic Conditioning <i>Emmanuela 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>	8:15-9:00 YS * Bala Bangle Barre Burn <i>Bella Merritt</i>
6:45-7:30 CS * Beats Ride <i>Amy Hilton</i>	6:30-7:20 YS * Sculpted Yoga™ <i>Allison Solley</i>	6:45-7:30 CS * Cycle Power <i>Dru Ryan</i>	6:30-7:15 YS * Pilates Fusion <i>Karri Mae Becker</i>	7:00-7:45 YS * Vinyasa Yoga <i>Kimia Nikseresh</i>	8:45-9:30 BR * Rounds: Pro <i>Kareem Cooper</i>	9:15-10:15 YS * Vinyasa Yoga <i>Lisa Ai</i>
7:00-7:45 YS * Barre <i>Bella Merritt</i>	7:15-8:00 BR * Rounds: Pro <i>Branden Allen</i>	7:00-7:45 YS * Barre <i>Sara Hoenes</i>	7:15-8:00 BR * Rounds: Boxing <i>Kareem Cooper</i>	7:30-8:15 BR * Rounds: Boxing <i>Lauren Polovoy</i>	9:00-9:50 MS * Whipped! <i>Emmanuela St. Juste</i>	9:30-10:15 CS * Cycle Power <i>Stephen Murray</i>
7:30-8:15 BR * Rounds: Boxing <i>Allan Rodas</i>	7:30-8:15 MS * Athletic Conditioning <i>Team Equinox</i>	7:15-8:00 BR * Rounds: Boxing <i>Evelyn Lugo</i>	7:30-8:15 MS * MetCon3 <i>Christie Fabish</i>	7:30-8:20 CL * Outdoor Run Club <i>Christie Fabish</i>	9:15-10:00 YS * Vinyasa Yoga <i>CJ Hunter</i>	9:45-10:30 MS * Stronger <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>	7:30-8:15 MS * Stronger <i>Timbo Williams</i>	7:30-8:20 TR * Precision Run® <i>Emmanuela St. Juste</i>	7:45-8:30 MS * Circuit Training <i>Adair Pounds</i>	9:45-10:30 BR * Rounds: Boxing <i>Lauren Polovoy</i>	10:30-11:15 BR * Rounds: Boxing <i>Angela Meyer</i>
12:00-12:50 MS * Whipped! <i>Timbo Williams</i>	7:30-8:15 YS * Pilates Mat <i>Anita Singh</i>	7:30-8:20 MS * Precision Walk: Elevate <i>Bryan Ensel</i>	7:30-8:15 YS * True Barre <i>Jenna Rathe</i>	10:30-11:15 YS * Pilates Fusion <i>Anita Singh</i>	10:00-10:45 MS * Best Butt Ever <i>Savannah Fox</i>	10:30-11:15 YS * Pilates Rise <i>Rebecca Van Vliet</i>
12:15-1:00 YS * Barre <i>Stephen Murray</i>	10:30-11:15 YS * Barre Beyond <i>Leslie Corbett</i>	TR * Precision Walk: Elevate <i>Bryan Ensel</i>	10:30-11:15 YS * Power Vinyasa <i>Jes Howard</i>	12:00-12:45 MS * Athletic Conditioning <i>Kareem Cooper</i>	10:15-11:00 CS * Beats Ride <i>Lexi Young</i>	11:00-11:50 MS * Ropes and Rowers <i>Philip Goo</i>
5:15-6:00 MS * Tabata Max <i>Lexi Young</i>	12:00-12:45 MS * Stronger <i>Brit Jones</i>	12:00-12:45 MS * MetCon3 <i>Maddie Roger</i>	12:00-12:45 MS * Sculpt <i>Emmanuela St. Juste</i>	12:15-1:15 YS * Vinyasa Yoga <i>Camryn Bickham</i>	10:15-11:00 YS * Trilogy Barre <i>Talya Krumholz</i>	11:30-12:30 YS * Power Vinyasa <i>Angela Meyer</i>
5:15-6:00 YS * Barre <i>David Lambert-McMichael</i>	5:15-5:45 MS * Upper Body Pump <i>Lexi Young</i>	12:15-1:00 YS * Pilates Fusion <i>Emma Swain</i>	5:15-6:00 YS * Barre <i>David Lambert-McMichael</i>	5:00-5:45 MS * Athletic Conditioning <i>Jacy Cunningham</i>	10:45-11:30 BR * Rounds: Boxing Circuit <i>Branden Allen</i>	11:45-12:30 BR * Rounds: Boxing <i>Evelyn Lugo</i>
5:30-6:20 TR * Precision Walk: Elevate <i>Jihad Watt</i>	5:15-6:00 YS * Pilates Fusion <i>Anita Singh</i>	5:15-6:00 MS * Stacked <i>Timbo Williams</i>	5:30-6:15 MS * Tabata Max <i>Brit Jones</i>	5:30-6:15 YS * Pilates Fusion <i>Sara Hoenes</i>	11:00-11:45 MS * MetCon3 <i>Jacy Cunningham</i>	12:00-12:45 MS * Dance/Sculpt <i>Rebecca Van Vliet</i>
6:00-6:45 BR * Rounds: Boxing <i>Khalil Jones</i>	6:00-6:45 CS * Beats Ride <i>Lexi Young</i>	5:30-6:15 YS * Pilates Mat <i>Emmanuela St. Juste</i>	6:00-6:45 CS * Rounds: Boxing <i>Will Webb</i>	6:00-5:45 MS * Athletic Conditioning <i>Jacy Cunningham</i>	11:15-12:00 TR * Precision Run® <i>Brit Jones</i>	3:45-5:00 YS * Vinyasa Yoga <i>Alex Hall</i>
6:15-7:00 MS * MetCon Monday <i>Timbo Williams</i>	6:00-6:45 MS * Tabata Max <i>Savannah Fox</i>	6:00-7:00 BR * Rounds: Boxing <i>Will Webb</i>	6:15-7:00 CS * Beats Ride <i>Amy Hilton</i>	6:00-6:45 MS * Circuit Training <i>Juan Marcano</i>	11:15-12:00 YS * Barefoot Sculpt <i>Talya Krumholz</i>	5:15-6:00 YS * Sonic Meditation <i>Lana Boone</i>
6:15-7:00 YS * Pilates Mat <i>Emmanuela St. Juste</i>	6:00-6:50 TR * Precision Run® <i>Timbo Williams</i>	6:00-6:45 CS * Beats Ride <i>Amy Hilton</i>	6:15-7:00 YS * Pilates Mat <i>Leslie Corbett</i>	6:15-7:05 MS * Circuit Training <i>Juan Marcano</i>	1:00-2:00 YS * Weekend Wind Down Yoga <i>Gregory Turk</i>	
6:30-7:15 CS * Beats Ride <i>Mark Whitesides</i>	6:15-7:00 BR * Rounds: Boxing <i>Mona Garcia</i>	6:15-7:20 TR * Precision Run® <i>Timbo Williams</i>	6:30-7:15 MS * Stronger <i>Brit Jones</i>	7:15-8:15 YS * Vinyasa Yoga <i>Caren Plummer</i>		
7:00-7:45 BR * Rounds: Boxing <i>Khalil Jones</i>	6:15-7:00 YS * Bala Bangle Barre <i>Burn</i> <i>Rebecca Van Vliet</i>	6:30-7:15 YS * Barefoot Sculpt <i>Adair Pounds</i>	7:15-8:15 YS * Cardio Dance <i>Erick (DC) Ruiz</i>			
7:15-8:00 MS * Best Butt Ever <i>Timbo Williams</i>	7:00-7:45 MS * Stronger <i>Timbo Williams</i>	7:15-8:00 MS * Cardio Dance <i>Erick (DC) Ruiz</i>	7:30-8:30 YS * Restorative Yoga <i>CJ Hunter</i>			
7:30-8:15 YS * Yin Yoga <i>Camryn Bickham</i>	7:15-8:15 YS * Vinyasa Yoga <i>Camryn Bickham</i>					

EQUINOX

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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

CL Club Lobby

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 additive 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

Outdoor Run Club Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

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

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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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 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.

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.

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.

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.

Dance/Sculpt Cardio dance meets full body sculpting. Alternate between blocks of fun, easy-to-follow cardio dance, and rhythmic body sculpt—using high reps at light resistance. An Equinox Exclusive.

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.

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.

Stretch and Recovery

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

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.