

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS * Beats Ride <i>Anne Hemeon</i>	6:15-7:05 MS * Stronger <i>Kareem Cooper</i>	6:30-7:15 MS * MetCon3 Flora Lindsay	6:15-7:05 MS * Whipped! Jason Vanterpool	6:30-7:20 MS * Stronger Maggie Olvera	8:00-8:45 MS * Rhythmic Sculpt Mike Gray	9:00-9:45 TR * Precision Run® <i>Brit Jones</i>
6:30-7:15 MS * Tabata Max <i>Kareem Cooper</i>	6:30-7:15 TR * Precision Run® <i>Anne Hemeon</i>	6:45-7:30 CS * Beats Ride <i>Amy Hilton</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Ameer Gilani</i>	7:00-8:00 YS * Power Vinyasa (HEATED) <i>Kate Symes</i>	8:30-9:30 YS * Vinyasa Yoga <i>Sara Hoenes</i>	9:15-10:15 YS * Vinyasa Yoga (HEATED) <i>Caren Plummer</i>
8:30-9:15 YS * Pilates Mat <i>Jes Howard</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) Caren Plummer	7:00-7:45 YS * Barefoot Sculpt <i>Emma Swain</i>	7:00-7:45 TR * Precision Run® <i>Claire Kostelnik</i>	8:00-8:45 MS * Tabata Max <i>Lara Kornblut</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Anita Singh</i>	10:00-10:45 MS * Stacked <i>Brit Jones</i>
8:45-9:30 MS * Stronger <i>Kareem Cooper</i>	8:00-8:45 YS * Pilates Fusion <i>Meri Jones</i>	8:30-9:20 YS * Sculpted Yoga™ <i>Jes Howard</i>	8:00-8:45 YS * Pilates Mat <i>Sara Hoenes</i>	8:45-9:30 YS * Pilates Rise <i>Stephen Murray</i>	9:00-9:45 MS * Ropes and Rowers <i>Jill Washecka</i>	10:30-11:15 YS * Barre <i>Cristina Galotto</i>
9:30-10:15 YS * Best Stretch Ever <i>Jes Howard</i>	8:30-9:30 MS * Cardio Dance <i>Robin Goelman</i>	9:30-10:15 MS * Stronger Jill Washecka	8:30-9:15 MS * Stronger <i>Jason Vanterpool</i>	9:00-9:45 CS * Beats Ride <i>Lara Kornblut</i>	10:00-10:45 MS * Pilates Fusion (HEATED) <i>Sara Hoenes</i>	10:45-11:30 CS * Beats Ride <i>Amy Hilton</i>
9:45-10:30 MS * Best Butt Ever Emmanuela St. Juste	9:15-10:00 YS * Barefoot Sculpt <i>Stephen Murray</i>	9:45-10:30 YS * Pilates Mat (HEATED) <i>Anita Singh</i>	9:30-10:15 MS * Best Butt Ever <i>Timbo Williams</i>	9:30-10:15 MS * Whipped! Brit Jones	10:15-11:00 TR * Precision Run® <i>Jill Washecka</i>	11:00-11:45 MS * Cardio Dance <i>Kazue Muroi</i>
12:00-12:45 MS * Tabata Max <i>Brit Jones</i>	11:15-12:00 TR * Precision Walk: Elevate <i>Anita Singh</i>	10:30-11:15 MS * Best Stretch Ever <i>Jes Howard</i>	12:00-12:45 MS * MetCon3 Jill Washecka	12:00-1:00 YS * Vinyasa Yoga Alissa Wilmina Diaz	10:30-11:15 CS * Beats Ride <i>Eliazar Chacha</i>	11:30-12:15 YS * Pilates Mat Mike Gray
12:15-1:15 YS * Slow Flow Yoga <i>Alex Hall</i>	12:00-12:45 MS * Whipped! <i>Jihad Watt</i>	12:00-12:45 MS * Rhythmic Sculpt Adair Pounds	12:15-1:00 YS * Barre <i>Veronika Batyan</i>	12:15-1:05 MS * Stronger <i>Anita Singh</i>	11:00-11:45 YS * Barre Emma Swain	12:30-1:15 YS * Barefoot Sculpt Bella Merritt
4:30-5:15 YS * Barre <i>Emma Swain</i>	12:15-1:00 YS * Pilates Fusion <i>Anita Singh</i>	12:15-1:15 YS * Vinyasa Yoga <i>Jes Howard</i>	5:30-6:15 MS * Whipped! Jihad Watt	4:30-5:15 YS * Pilates Rise Jes Howard	12:00-12:45 MS * Best Stretch Ever Michelle Jamieson	4:00-5:15 YS * Weekend Wind Down Yoga <i>Farley Price</i>
5:30-6:15 MS * Stacked Jill Washecka	4:30-5:15 YS * Vinyasa Yoga Alex Garza	4:30-5:15 YS * Pilates Mat <i>Manifestany Sisk</i>	5:45-6:30 YS * Pilates Rise Stephen Murray	5:30-6:15 CS * Beats Ride <i>Stephen Murray</i>	12:00-1:00 YS * Vinyasa Yoga (HEATED) Mimi Rieger	
5:30-6:15 TR * Precision Run® <i>Emily Meredith</i>	5:30-6:15 MS * Ropes and Rowers <i>Jason Vanterpool</i>	5:30-6:15 MS * Best Butt Ever <i>Rebecca Van Vliet</i>	6:30-7:15 TR * Precision Run® <i>Jihad Watt</i>	5:30-6:30 CS * Restorative Yoga Jes Howard		
5:30-6:15 YS * Barefoot Sculpt <i>Bella Merritt</i>	5:30-6:15 YS * Pilates Fusion <i>Sara Hoenes</i>	5:30-6:15 YS * Barre <i>Bella Merritt</i>	6:45-7:35 CS * Precision Ride Stephen Murray		1:45-2:45 YS * Slow Flow Yoga <i>Alex Hall</i>	
6:00-6:45 CS * Beats Ride <i>Shelby Wagenseller</i>	6:15-7:00 CS * Beats Ride <i>Erick Ruiz</i>	6:00-6:45 CS * Beats Ride <i>Eliazar Chacha</i>	6:45-7:45 YS * Vinyasa Yoga Lisa Ai		3:00-3:45 YS * Sonic Meditation <i>Alex Hall</i>	
6:30-7:15 MS * Whipped! Jill Washecka	6:30-7:20 MS * Stronger <i>Brianne Anderson</i>	6:30-7:15 MS * MetCon3 <i>Rebecca Van Vliet</i>				
6:30-7:30 YS * Slow Flow Yoga <i>Lauren Jacobs</i>	6:30-7:30 Vinyasa Yoga (HEATED) <i>Sara Hoenes</i>	6:30-7:45 YS * Vinyasa Yoga (HEATED) Mimi Rieger				
	7:30-8:15 MS * Cardio Dance <i>Erick Ruiz</i>					

EQUINOX

WISCONSIN AVE

16 Ridge Square NW

WASHINGTON DC 20016

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

jill.washecka@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

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 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 (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.

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.

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.

Athletic Training

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.

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 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

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.

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 Fusion (HEATED) 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.

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.

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.

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.

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.