

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

EQUINOX

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WASHINGTON DC 20016

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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

jason.vanterpool@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 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.

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.

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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.

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.

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 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.

Off The Barre This off-the-barre class incorporates a continuous series of contemporary exercises. 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.

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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.