

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * 360 Strength <i>Kareem Cooper</i>	6:15-7:00 MS * Stacked <i>Kareem Cooper</i>	6:15-7:00 CS * Beats Ride <i>Amy Hilton</i>	6:15-7:00 MS * MetCon3 Maggie Olvera	6:30-7:20 MS * Stronger Jason Vanterpool	8:30-9:30 YS * Vinyasa Yoga <i>Sara Hoenes</i>	8:45-9:30 MS * Athletic Conditioning <i>Burns Foster</i>
6:30-7:15 YS * Pilates Rise <i>Anita Singh</i>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Caren Plummer</i>	6:30-7:15 MS * Whipped! Adair Pounds	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Ameer Gilani</i>	7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Kate Symes</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Javier Martinez</i>	9:00-9:50 TR * Precision Run + Strength <i>Brit Jones</i>
7:30-8:15 TR * Precision Walk: Elevate <i>Anita Singh</i>	7:00-7:45 TR * Precision Run@ <i>Jaime Ludwick</i>	6:30-7:15 YS * Pilates Fusion <i>Emma Swain</i>	8:00-8:45 YS * Pilates Mat (Heated) <i>Emmanuella St. Juste</i>	7:30-8:15 CS * Beats Ride <i>Timbo Williams</i>	9:00-9:45 MS * Ropes and Rowers <i>Jill Washecka</i>	9:15-10:15 YS * Vinyasa Yoga <i>Caren Plummer</i>
8:30-9:15 YS * Pilates Mat <i>Jes Howard</i>	8:00-8:45 YS * Pilates Fusion <i>Alissa Wilmina Diaz</i>	8:15-9:00 CL * Hydro Sculpt Jill Washecka	8:30-9:15 MS * Stronger <i>Mary-Carmen Webb</i>	8:30-9:15 CL * Hydro Athlete Emmanuella St. Juste	10:00-10:45 MS * Stronger <i>Jill Washecka</i>	10:00-10:45 MS * Stacked <i>Brit Jones</i>
8:45-9:30 MS * Stronger <i>Kareem Cooper</i>	8:30-9:20 MS * Cardio Dance <i>Robin Goelman</i>	8:30-9:30 YS * Vinyasa Yoga (Heated) <i>Amberlie Price</i>	9:30-10:15 MS * Best Butt Ever <i>Timbo Williams</i>	8:30-9:15 MS * Stacked <i>Timbo Williams</i>	10:00-10:45 YS * Pilates Fusion (Heated) <i>Sara Hoenes</i>	10:30-11:15 MS * True Barre <i>Trinika J</i>
9:30-10:15 YS * Best Stretch Ever <i>Jes Howard</i>	9:30-10:15 YS * Barefoot Sculpt <i>Stephen Murray</i>	9:30-10:15 MS * Limited Series: Stronger Women <i>Jill Washecka</i>	12:00-12:45 YS * Pilates at the Barre <i>Veronika Batyan</i>	8:45-9:30 YS * Pilates Rise <i>Stephen Murray</i>	10:30-11:15 CS * Beats Ride <i>Remi Shea</i>	10:45-11:30 CS * Beats Ride <i>Amy Hilton</i>
9:45-10:30 MS * Body Sculpt <i>Adair Pounds</i>	12:00-12:45 YS * Pilates Mat <i>Kaila Overton</i>	10:30-11:15 MS * Best Stretch Ever <i>Jes Howard</i>	12:15-1:00 MS * MetCon3 <i>Jill Washecka</i>	9:45-10:30 MS * Body Sculpt <i>Emmanuella St. Juste</i>	11:00-11:45 MS * Rounds: Boxing <i>Sharon Kim</i>	11:00-11:45 MS * Cardio Dance <i>Gabriel Sanchez</i>
12:00-12:45 MS * Stronger <i>Brianne Anderson</i>	12:15-1:00 MS * Stacked <i>Jihad Watt</i>	12:00-12:45 MS * Body Sculpt <i>Adair Pounds</i>	4:30-5:15 YS * Power Vinyasa (Heated) Alissa Wilmina Diaz	10:30-11:15 YS * Best Stretch Ever <i>Jes Howard</i>	11:00-11:45 YS * True Barre <i>Emma Swain</i>	11:30-12:15 YS * Pilates Mat <i>Cristina Baker</i>
12:15-1:15 YS * Slow Flow Yoga <i>Alex Hall</i>	4:30-5:30 YS * Vinyasa Yoga <i>Alex Garza</i>	12:15-1:15 YS * Vinyasa Yoga <i>Maria Barone</i>	5:30-6:15 MS * 360 Strength <i>Jihad Watt</i>	12:00-1:00 YS * Vinyasa Yoga <i>Alissa Wilmina Diaz</i>	12:00-12:45 MS * Best Stretch Ever <i>Michelle Jamieson</i>	12:30-1:15 YS * Barefoot Sculpt <i>Emmanuella St. Juste</i>
4:30-5:15 YS * True Barre: Bala Bangle <i>Emma Swain</i>	5:30-6:15 MS * Rounds: Bags and Mitts <i>Branden Allen</i>	4:30-5:15 YS * Pilates Mat <i>Manifestany Sisk</i>	5:45-6:30 YS * Pilates Rise <i>Stephen Murray</i>	12:15-1:00 MS * Stronger <i>Mary-Carmen Webb</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 * Stacked <i>Jill Washecka</i>	5:45-6:30 YS * Pilates Fusion <i>Sara Hoenes</i>	5:30-6:15 MS * Core6 <i>Emmanuella St. Juste</i>	6:15-7:00 CS * Beats Ride <i>Amy Hilton</i>	4:30-5:15 YS * Pilates Rise <i>Jes Howard</i>	1:00-1:45 MS * Core6 <i>Jaime Ludwick</i>	
5:30-6:15 YS * Barefoot Sculpt <i>Emma Swain</i>	6:15-7:00 CS * Beats + Bands Ride Erick Ruiz	5:30-6:15 MS * Core6 <i>Emmanuella St. Juste</i>	6:30-7:15 MS * Cardio Dance <i>Mario Cervantes</i>	5:30-6:30 YS * Restorative Yoga <i>Jes Howard</i>	1:45-2:45 YS * Slow Flow Yoga <i>Alex Hall</i>	
6:00-6:30 TR * Precision Run 30 <i>Jaime Ludwick</i>	6:30-7:20 MS * Stronger <i>Maggie Olvera</i>	5:30-6:15 YS * True Barre Cristina Gallotto	6:45-7:45 YS * Slow Flow Yoga <i>John Bottino</i>		3:00-3:45 YS * Sonic Meditation <i>Alex Hall</i>	
6:30-7:15 MS * TRX Max Circuit <i>Jill Washecka</i>	6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Sara Hoenes</i>	5:45-6:30 TR * Precision Run@ <i>Javier Martinez</i>				
6:30-7:30 YS * Slow Flow Yoga <i>Rachel Laser</i>	7:30-8:15 MS * Cardio Dance Erick Ruiz	6:30-7:15 MS * Rounds: Boxing <i>Khalil Jones</i>				
		6:30-7:30 MS * Vinyasa Yoga <i>Mimi Rieger</i>				

EQUINOX

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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-FRI 08:00 AM 01:00 PM

SAT-SUN 08:00 AM 03:00 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

CL Club Lobby

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 + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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 Athlete An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

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.

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.

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.

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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, VIPR, and dynamic full-body exercises. An Equinox exclusive.

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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.