

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Tabata Max Kareem Cooper	6:15-7:05 MS * Stronger <i>Kareem Cooper</i>	6:30-7:20 CS * Precision Ride Amy Hilton	6:15-7:05 MS * Stronger Jason Vanterpool	7:00-7:45 MS * MetCon3 <i>Maggie Olvera</i>	8:30-9:30 YS * Vinyasa Yoga <i>Sara Hoenes</i>	9:15-10:15 YS * Vinyasa Yoga (HEATED) <i>Caren Plummer</i>
6:45-7:30 CS * Beats Ride Anne Hemeon	6:30-7:30 YS * Vinyasa Yoga <i>Caren Plummer</i>	6:30-7:15 MS * Stacked <i>Jack Kanterman</i>	6:30-7:30 YS * Vinyasa Yoga <i>Ameer Gilani</i>	7:00-8:00 YS * Power Vinyasa (HEATED) <i>Kate Symes</i>	8:45-9:30 MS * Ropes and Rowers Jason Vanterpool	9:30-10:15 MS * Stacked Brit Jones
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 * Athletic Conditioning Lara Kornblut	9:00-9:45 TR * Elevate Anita Singh	10:30-11:15 TR * Precision Run® Brit Jones
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>Leslie Corbett</i>	8:45-9:35 CS * Precision Ride Stephen Murray	9:45-10:35 MS * Stronger <i>Jason Vanterpool</i>	10:45-11:30 CS * Beats Ride Amy Hilton
8:45-9:30 MS * Ropes and Rowers <i>Kareem Cooper</i>	8:30-9:15 MS * Circuit Training Kareem Cooper	9:30-10:15 MS * Best Stretch Ever Jes Howard	8:30-9:20 MS * Stronger <i>Jason Vanterpool</i>	9:45-10:30 YS * Pilates Rise <i>Stephen Murray</i>	10:00-10:50 CS * Precision Ride Anita Singh	10:45-11:30 YS * Barre <i>Cristina Gallotto</i>
9:45-10:30 MS * Best Butt Ever Jes Howard	9:30-10:15 YS * Sculpt Stephen Murray	9:30-10:15 YS * Pilates Mat (HEATED) <i>Anita Singh</i>	9:30-10:15 MS * Best Butt Ever Timbo Williams	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>
12:00-12:30 MS * Tabata Cardio 30 Gia-Ninh Chuang	11:15-12:00 TR * Precision Walk: Elevate Anita Singh	12:00-12:45 MS * Whipped! <i>Jason Vanterpool Juan Marcano</i>	11:15-12:00 TR * Precision Run® Timbo Williams	12:15-1:05 MS * Stronger <i>Anita Singh</i>	10:45-11:30 MS * Rounds: Boxing Circuit Rebecca Van Vliet	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 * Stacked <i>Jihad Watt</i>	12:15-1:15 YS * Vinyasa Yoga <i>Stephanie Rosenblatt</i>	12:00-12:30 MS * Tabata Cardio 30 Adair Pounds	4:30-5:15 MS * Circuit Training Brit Jones	11:00-11:45 YS * Barre <i>Emma Swain</i>	2:00-3:00 YS * Vinyasa Yoga Brian Kaufman
12:30-1:00 MS * Best Abs Ever Gia-Ninh Chuang	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>	4:30-5:15 MS * Pilates Rise Jes Howard	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>
4:30-5:15 YS * Barefoot Sculpt <i>Alyvia Martin</i>	5:15-6:00 YS * Pilates Fusion <i>Sara Hoenes</i>	5:30-6:15 MS * Rounds: Boxing Circuit Rebecca Van Vliet	12:30-12:45 MS * Upper Body Pump Adair Pounds	5:15-6:00 CS * Beats Ride Stephen Murray	12:30-1:15 MS * Best Stretch Ever <i>Michelle Jamieson</i>	
5:30-6:15 MS * Pure Strength <i>Jason Vanterpool</i>	5:30-6:20 MS * Stronger <i>Jason Vanterpool</i>	5:30-6:15 YS * Barre <i>Bella Merritt</i>	12:45-1:00 MS * Best Abs Ever Adair Pounds	5:45-6:45 YS * Restorative Yoga <i>Jes Howard</i>	1:45-2:45 YS * Slow Flow Yoga Alex Hall	
5:30-6:15 TR * Precision Run® <i>Emily Meredith</i>	6:15-7:00 CS * Beats Ride Erick (DC) Ruiz	6:00-6:45 CS * Beats Ride Carter Crew	5:15-6:00 YS * Barre Stephen Murray		3:00-3:45 YS * Sound Meditation Alex Hall	
5:30-6:15 YS * Barre <i>Alyvia Martin</i>	6:30-7:15 MS * Whipped! <i>Brianne Anderson</i>	6:30-7:15 MS * MetCon3 <i>Jacy Cunningham</i>	5:30-6:15 MS * Stacked <i>Jihad Watt</i>			
6:00-6:45 CS * Beats Ride Carter Crew	6:30-7:30 MS * Vinyasa Yoga (HEATED) <i>Sara Hoenes</i>	6:30-7:15 MS * MetCon3 <i>Jacy Cunningham</i>	6:15-7:00 CS * Beats Ride Stephen Murray			
6:30-7:15 MS * Stacked <i>Jason Vanterpool</i>	7:30-8:15 MS * Cardio Dance <i>Erick (DC) Ruiz</i>	6:45-8:00 YS * Vinyasa Yoga (HEATED) <i>Mimi Rieger</i>	6:15-7:15 YS * Vinyasa Yoga <i>Lisa Ai</i>			
6:30-7:30 YS * Slow Flow Yoga <i>Lauren Jacobs</i>			6:30-7:15 TR * Precision Run® <i>Jihad Watt</i>			
7:30-8:15 MS * Dance/Sculpt <i>Cristina Gallotto</i>			7:00-8:00 MS * Hip Hop <i>Chelsea Cooper</i>			

EQUINOX

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16 Ridge Square NW
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

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.

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 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

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.

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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.

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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.

Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Boxing and Kickboxing

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.

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.

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.

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.

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.