

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
6:00 - 6:45 * Performance Cycling CS Kevin Owens 6:00 - 7:00 Vinyasa Yoga (L2) YS Erica Collins 6:00 - 6:50 * Precision Running® TR Jill Washecka 8:30 - 9:30 Tabata MS Jennifer Blackburn 9:30 - 10:30 Vinyasa Flow Yoga (L2) YS Stephanie Rosenblatt 9:45 - 11:15 * Cycle In/Yoga Out CS Liz Corah 9:45 - 10:30 Eliminator (L2) MS Jill Washecka 11:00 - 12:00 Chisel'd MS Robert Teri	6:00 - 6:50 METCON3 MS Jennifer Beller 8:30 - 9:15 * Performance Cycling CS Robert Teri 8:30 - 9:30 Chisel'd MS Michelle Johnson 8:30 - 9:15 Barre YS Jennifer Beller 9:30 - 11:00 Yoga (L2) YS Cynthia Lorena Gammara 9:45 - 10:45 Tabata Strength MS Jennifer Blackburn 11:00 - 11:45 Best Butt Ever MS Liz Corah 11:00 - 11:45 Aqua Motion PD Maggie Zimmerman	6:00 - 6:50 * The 500 Calorie Ride CS Kim Teri 6:00 - 6:45 Tabata (L2) MS Jennifer Blackburn 6:00 - 7:00 Power Yoga Flow YS Loretta Arcangeli 7:00 - 7:45 Stacked! MS Jennifer Blackburn 8:30 - 9:20 Kickboxing MS Liz Corah 9:30 - 10:30 Vinyasa Yoga (L2) YS Liz Corah 9:45 - 11:15 * Cycle In/Yoga Out CS Jennifer B & Liz C 9:45 - 10:45 Chisel'd MS Lenka Glassman	6:00 - 6:50 FIREd up! (Sculpt) MS Peggy Anne Olson 8:30 - 9:15 * Studio Cycling CS Lenka Glassman 8:30 - 9:30 Definitions MS Kim Teri 8:30 - 9:15 Barre YS Michelle Johnson 9:30 - 10:45 Yoga (L1/2) YS Cynthia Lorena Gammara 9:30 - 10:30 * Precision Running® TR Jill Washecka 9:45 - 10:45 Tabata MS Mike Gray 11:00 - 12:00 Barre Burn MS Mike Gray	6:00 - 6:45 * Studio Cycling CS Jennifer Blackburn 6:00 - 7:00 Core Flow Yoga YS Sun Kim 6:00 - 6:45 * Precision Running® TR Cassidy Burns 8:30 - 9:20 Ropes & Rowers (L2) MS Jennifer Blackburn 8:30 - 9:20 Pilates YS Equinox Pilates Instructor 9:30 - 10:15 * Studio Cycling CS Dave Slikker 9:45 - 10:45 Deep EXtreme (L2) MS Liz Corah 11:00 - 12:00 Inside Out Barre YS Mike Gray	8:00 - 8:50 * Performance Cycling CS Robert Teri 8:00 - 9:00 CrossTraining MS Revolution Jennifer Beller 9:00 - 10:00 Aqua Motion PD Maggie Zimmerman 9:00 - 10:00 Vinyasa Flow Yoga YS (L1/2) Loretta Arcangeli 9:15 - 10:15 * Studio Cycling CS Shafer Minnick 9:15 - 10:15 Chisel'd MS Jennifer Beller 10:30 - 11:30 FIREd up! (Sculpt) MS Kyra Decraene 10:30 - 11:45 Vinyasa Flow Yoga (L2) YS Neva Ingalls	8:00 - 9:00 Barre Burn MS Jennifer Beller 9:00 - 10:15 Vinyasa Flow Yoga YS (L2/3) Loretta Arcangeli 9:15 - 10:15 * Studio Cycling CS Kim Teri 9:15 - 10:15 CSI-Cardio Strength MS Intervals Jennifer Beller 10:30 - 11:30 Definitions MS Intervals Kim Teri 10:30 - 11:30 Soul Flow Yoga (L1/2) YS Loretta Arcangeli 11:35 - 12:20 Meditation YS Linda Naini
12:15 - 1:00 Performance Cycling CS Robert Teri 12:15 - 1:00 Gentle Yoga MS Vinaya Saunders 12:15 - 1:15 ETC Preview Session MS (L2) Jennifer B & Liz C	12:15 - 1:00 Hot Power Yoga YS Liz Corah	12:15 - 1:00 * Studio Cycling CS Dave Slikker 12:15 - 1:00 Tabata MS Jennifer Blackburn 12:15 - 1:15 Power Yoga YS Ashlea Glickstein	12:15 - 1:00 METCON3 MS Jennifer Beller 1:00 - 1:30 Stretch MS Equinox Trainers	12:15 - 1:00 * Studio Cycling CS Jennifer Blackburn 12:15 - 1:15 Gentle Yoga (L1) YS Vinaya Saunders		
5:45 - 6:45 Tabata MS Gia-Ninh Chuang 6:00 - 7:00 Yoga Flow (L2) YS Neva Ingalls 6:30 - 7:15 * Rhythm Revolution CS Stephanie Burlin 7:00 - 8:00 Ropes & Rowers MS Gia-Ninh Chuang 7:30 - 8:30 Vinyasa Yoga YS Erica Collins	6:00 - 6:50 CSI-Cardio Strength MS Intervals Michelle Johnson 6:00 - 6:50 * Precision Running® TR Jennifer Blackburn 6:30 - 7:15 * Rhythm Revolution CS Kaitlyn Wozniak 7:00 - 8:00 Zumba® MS Vanessa Trejos	5:45 - 6:45 Tabata MS Jennifer Blackburn 6:00 - 7:00 Vinyasa Yoga (L1/2) YS April Puciata 6:30 - 8:00 * Cycle In/Yoga Out CS Lucinda Ogburn 7:00 - 7:50 Best Butt Ever (L1/2) MS Jennifer Blackburn	6:00 - 7:00 Burn Bliss Yoga YS Bonnie Schmidt 6:00 - 6:50 * Precision Running® TR Tamara Coleman 6:30 - 7:20 * Rhythm Revolution CS (L2) Lucinda Ogburn 6:30 - 7:30 Cardio Dance Fusion MS Theresa Han			

JULY 4TH 2015 - CLASS DESCRIPTIONS

BETHESDA

4905 Elm Street
Bethesda MD 20814
(301) 652-1078
equinox.com

CLASS SCHEDULE LEGEND

BOLD New Class, Instructor or Time

* Sign-up required
(available 30 min prior to start of class)

CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome

L1 Beginner
L1/2 Beginner/Intermediate
L2 Intermediate
L2/3 Intermediate/Advanced
L3 Advanced/Practiced

STUDIO KEY

CS Cycling Studio
MS Main Studio
PD Pool Deck
YS Yoga Studio
TR Treadmill Area

AQUA MOTION

Cardio and strength movement combinations patterned to maximize the resistance of the water.

BARRE

Raise the Barre

BARRE BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

BEST BUTT EVER

Best Butt Ever is strategically engineered to lift and shape your hottest asset this summer. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BURN BLISS YOGA

Feel the burn & find your bliss! Best described as yoga with a fitness 'edge', this fun, challenging, athletic flow will inspire you to move with joy & explore the limitless boundaries of your body & mind and leave you feeling burned up and blissed out! Come play!

CARDIO DANCE FUSION

A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CORE FLOW YOGA

Dynamic yoga with strong core work. Use Pilates-inspired awareness of the body as a whole to find release from stress patterns and strength where you need it most. Super helpful to create physical stability and increase physical and mental mindfulness. Finish with a deep relaxation.

CROSSTRAINING REVOLUTION

A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

CSI-CARDIO STRENGTH INTERVALS

Be challenged through the athletic warmup to 1 min. then 45 second intervals alternating cardio drills then strength exercises with the use of weights, medicine balls, jump ropes, plyometrics, and calisthenics. This workout will bring you results like never before.

CYCLE IN/YOGA OUT

Vigorous 45 min spin, with an emphasis on breath work, cadence, and mind-body awareness. Follow with a yoga-based stretch, intended to release hip flexors, hamstrings, chest, and low back. The stretching and meditative yoga segment is an ideal compliment to the high-intensity cycle class.

DEEP EXTREME

The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

DEFINITIONS

An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

ELIMINATOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

ETC PREVIEW SESSION

Participate in an exclusive preview session for the upcoming ETC experience. No RSVP needed but space is limited so make sure to show up early!

FIRED UP! (SCULPT)

The ultimate sculpting class utilizing Functional Integrated Strength Exercises (working multiple muscle groups simultaneously) to build lean muscle and burn a ton of calories!

GENTLE YOGA

Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

HOT POWER YOGA

Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

KICKBOXING

An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

MEDITATION

Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.

METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

PERFORMANCE CYCLING

Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form/balance exercises.

PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

POWER YOGA

Our most athletic vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of yoga that sculpts, tones and tones every muscle in the body. Includes various elements of many different yoga styles.

POWER YOGA FLOW

With a dance-like flow that carries you from one posture to the next, be challenged in grace and strength as you move through unique standing balancing series, arm balances, and core strengthening to press you past your literal and perceived plateaus.

PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

RHYTHM REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

ROPES & ROWERS

A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

SOUL FLOW YOGA

A weekly practice dedicated to reverence, the willingness to surrender to what is, and a space to honor the creation of what is becoming. Inspired flow sequencing links awareness of breath and mind. Flow forward with your prayers and wishes into strength, grace, flexibility and concentration.

STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

STRETCH

Simple stretching techniques that may incorporate the use of bands, balls, and ballet barre. The perfect class for everyone. Improve flexibility and reduce stress.

STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

TABATA STRENGTH

No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

THE 500 CALORIE RIDE

A dynamic cycling class that will use the Schwinn MPower console to track burning 500 calories in 50 minutes. Take on the challenge of strong hill-climbing, cardio intervals and active recovery to add up a big calorie burning total!

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

YOGA

A balanced and innovative approach to the traditional and popular Eastern Practice combining elements unique to each Instructor's experience and incorporating work from various styles including Ashtanga, Hatha, Vinyasa, Iyengar and Forest.

YOGA FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, tones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

ZUMBA®

ZUMBA® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.