EQUINOX

BETHESDA

APRIL 2015
Schedule Effective:
Apr 6, 2015 - Apr 30, 2015

GROUP FITNESS MANAGER: Jennifer Blackburn
jennifer.blackburn@equinox.com

Discover your newest obsession, whether it's HIIT workouts, Barre, Yoga, Pilates, Dance, or Martial Arts. Find your inspiration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 CS * Performance Cycling Kevin Owens	6:00 - 6:45 CS * Cycle: Climb Hard! Colleen Fisher	6:00 - 6:50 CS * The 500 Calorie Ride Kim Teri	6:00 - 6:45 CS * Studio Cycling Stephanie Burlin	**6:00 - 6:45** **CS** *** Studio Cycling** **Jennifer Blackburn**	8:00 - 8:50 CS * Performance Cycling Robert Teri	8:00 - 9:00 MS Barre Burn Jennifer Beller
6:00 - 6:50 TR * Precision Running® Jill Washecka	**6:00 - 6:50** **MS** **METCON3** **Jennifer Beller**	**6:00 - 6:45** **MS** **Tabata (L2)** **Jennifer Blackburn**	6:00 - 6:50 MS FIREd up! (Sculpt) Peggy Anne Olson	6:00 - 7:00 YS Core Flow Yoga (L1/2) Leslie Edsall	8:00 - 9:00 MS CrossTraining Revolution Jennifer Beller	9:00 - 10:15 YS Vinyasa Flow Yoga (L2/3) Loretta Arcangeli
8:30 - 9:30 MS Tabata Jennifer Blackburn	8:30 - 9:15 CS * Performance Cycling Robert Teri	6:00 - 7:00 YS Power Yoga Flow Sun Kim	8:30 - 9:15 CS * Studio Cycling Lenka Glassman	**6:00 - 6:45** **TR** *** Precision Running®** **Cassidy Burns**	9:00 - 10:15 YS Yoga (L1/2) Susan Hanan	9:15 - 10:15 CS * Studio Cycling Kim Teri
9:30 - 10:30 **YS** **Vinyasa Flow Yoga (L2)** **Stephanie Rosenblatt**	8:30 - 9:30 MS Chisel'd Michelle Johnson	7:00 - 7:50 MS METCON3 Jennifer Blackburn	8:30 - 9:30 MS METCON3 Kim Teri	8:30 - 9:30 MS Whipped! (L2) Jennifer Blackburn	9:15 - 10:15 CS * Studio Cycling Shafer Minnick	9:15 - 10:15 MS CSI-Cardio Strength Intervals Maggie Zimmerman
9:45 - 11:15 **CS** *** Cycle In/Yoga Out** **Jennifer Blackburn**	8:30 - 9:15 YS Inside Out Barre Jennifer Beller	**8:30 - 9:30** **MS** **Kickboxing** **Liz Corah**	9:30 - 10:45 YS Yoga (L1/2) Susan Hanan	9:30 - 10:15 CS * Studio Cycling Dave Slikker	9:15 - 10:15 MS Chisel'd Jennifer Beller	10:30 - 11:30 MS Zumba® Theresa Han
9:45 - 10:30 **MS** **Elimin8tor (L2)** **Jill Washecka**	9:30 - 11:00 YS Yoga (L2) Susan Hanan	**9:45 - 11:15** **CS** *** Cycle In/Yoga Out** **Liz Corah**	9:30 - 10:30 TR * Precision Running® Jill Washecka	9:30 - 10:30 YS Flow, Core and Tone Lauren Spak	10:30 - 11:30 MS FIREd up! (Sculpt) Peggy Anne Olson	10:30 - 11:30 PD Aqua Motion Maggie Zimmerman
11:00 - 12:00 MS Chisel'd Robert Teri	**9:45 - 10:30** **MS** **Tabata Strength** **Jennifer Blackburn**	9:45 - 10:45 MS Chisel'd Jennifer Blackburn	**9:45 - 10:45** **MS** **Barre Burn** **Mike Gray**	9:45 - 10:45 MS METCON3 Jennifer Hopkins	10:30 - 11:45 YS Vinyasa Flow Yoga (L2) Neva Ingalls	10:30 - 11:30 YS Soul Flow Yoga (L1/2) Loretta Arcangeli
	11:00 - 12:00 **MS** **Barre Fit Cardio** **Liz Corah**	11:00 - 12:00 MS Pilates Chelsea Corley	**11:00 - 11:50** **MS** **Tabata** **Mike Gray**	**11:00 - 12:00** **MS** **Deep EXtreme (L2/3)** **Liz Corah**		11:35 - 12:20 YS Meditation Linda Naini
	11:00 - 11:45 PD Aqua Motion Maggie Zimmerman			**11:00 - 12:00** **YS** **Inside Out Barre** **Mike Gray**		
12:15 - 1:00 CS Performance Cycling Robert Teri	**12:15 - 1:00** **MS** **Stacked! (L2)** **Jennifer Blackburn**	12:15 - 1:00 MS Tabata Dawn Maynard	12:15 - 1:00 MS METCON3 Jennifer Beller	12:15 - 1:00 CS * Studio Cycling Liz Corah		**12:00 - 12:45** **MS** **Elimin8tor** **Jennifer Blackburn**
12:15 - 1:00 MS * TRX MAX Ingrid Nelson	**12:15 - 1:00** **YS** **Hot Power Yoga** **Liz Corah**	**12:15 - 1:15** **YS** **Power Yoga** **Ashlea Glickstein**		12:15 - 1:00 MS Kettlebell Power Gerald Berger		4:00 - 5:00 YS Vinyasa Flow Yoga (L2) Caitlin Cun
12:15 - 1:00 **YS** **Spirit Yoga** **Linda Naini**		4:45 - 5:30 MS Core Strength & Stretch Tomica Carter		12:15 - 1:15 YS Gentle Yoga (L1) Vinaya Saunders		
5:45 - 6:45 MS Tabata Gia-Ninh Chuang	**6:00 - 6:50** **MS** **CSI-Cardio Strength Intervals** **Michelle Johnson**	5:45 - 6:45 MS Tabata Jennifer Beller	**6:00 - 6:45** **MS** **FIREd up! (Sculpt) (L2)** **Kyra Decraene**	6:00 - 7:00 YS Sunset Yoga Flow Ashlea Glickstein		
6:00 - 7:15 YS Yoga Flow (L2) Neva Ingalls	6:00 - 7:00 YS Vinyasa Flow Yoga (L1/2) Elisabeth Lyons	6:00 - 7:00 YS Vinyasa Yoga (L1/2) April Puciata	6:00 - 7:00 YS Burn Bliss Yoga Bonnie Schmidt			
6:30 - 7:15 CS * Rhythm Revolution Stephanie Burlin	6:00 - 6:50 TR * Precision Running® Kimball Theoret	6:30 - 7:15 CS * Performance Cycling Robert Teri	6:00 - 6:50 TR * Precision Running® Tamara Coleman			
7:00 - 8:00 MS Whipped! Gia-Ninh Chuang	7:00 - 7:45 CS * Studio Cycling Kimball Theoret	7:00 - 7:45 MS Barre Bootcamp Michelle Johnson	6:30 - 7:20 CS * Rhythm Revolution (L2) Robert Teri			
7:30 - 8:30 YS Vinyasa Yoga (L2/3) Sun Kim	7:15 - 8:15 YS Yoga Chisel (L2) Lauren Spak	**7:30 - 8:30** **YS** **Yoga Power Hour** **Ashlea Glickstein**	**7:00 - 7:45** **MS** **Tabata Strength** **Tamara Coleman**			

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

APRIL 2015 - CLASS DESCRIPTIONS

BETHESDA

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

CLUB HOURS
MON - THU 5:00AM - 11:00PM
FRI 5:00AM - 10:00PM
SAT & SUN 7:00AM - 8:00PM

KIDS's CLUB HOURS
Mon - Fri 8:00am-2:00pm &
4:00pm-8:00pm
Sat - Sun 8:00am-2:00pm

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

30/60/90®
Created by Kristi Molinaro. A high intensity interval training workout consisting of cardio, strength training,plyometrics and static holds designed to get you into the best shape of your life. Very challenging but modifiable for all levels.

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

BARRE BOOTCAMP
Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

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.

BARRE FIT CARDIO
High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

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 HIP HOP FUNK
This hip hop class will get you ready for the dance floor while adding a little funk to your cardio routine...you won't even think you're working out! Challenging and welcoming to all levels.

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.

CORE STRENGTH & STRETCH
An alignment class that focus on two very important components of fitness: core strength and flexibility.

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.

CYCLE: CLIMB HARD!
Challenge yourself to a terrain of ever changing hills. This ride will take you to your threshold, while strengthening your heart, legs and lungs. Be prepared to climb hard!

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.

ELIMIN8TOR
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.

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!

FLOW, CORE AND TONE
A free flowing core strength & flexibility workout that incorporates movements from dance, Pilates, Yoga and traditional conditioning exercises using your own body weight and very light hand weights to reshape your body and improve posture.

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.

KETTLEBELL POWER
Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

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, hones 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.

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.

SPIRIT YOGA
Wondering how yoga can uplift your physical, emotional and spiritual life? Experience the spirit of yoga through music, poetry, asana and meditation, and find clarity and conviction in mind and spirit. Leave inspired, refreshed, awakened, healed.

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.

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.

SUNSET YOGA FLOW
A new kind of "Happy Hour", Sunset Flow celebrates our inner bliss and happens every Friday after work. Release any stress or tension from your week in this body-warming, mind-centering, heart-opening yoga flow class.

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!

TRX MAX
Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

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.

WHIPPED!
Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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 CHISEL
Experience the best of both worlds! Combine fundamental lower body yoga movements; with upper body muscle conditioning exercises. Include core strength, balance, and flexibility for a total body workout. Yoga experience not required.