

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon Monday <i>Cherie Buday</i>	6:00-6:50 MS * Ropes and Rowers <i>Richard Shaw</i>	6:00-6:45 MS * <b>Stacked</b> <b>Sabrina Benmira</b>	6:00-6:50 TR * Precision Walk: Elevate <i>Jenn Auchterlonie</i>	6:45-7:45 YS * Ashtanga Yoga <i>Ana Al-Atrash</i>	8:30-9:15 MS * <b>Stacked</b> <b>Sabrina Benmira</b>	8:45-9:30 YS * True Barre: Bala Bangle <i>Emma Swain</i>
8:00-8:45 MS * Body Sculpt <i>Madeline Peterson</i>	7:00-7:45 CS * Precision Ride <i>Richard Shaw</i>	7:00-7:45 YS * Barefoot Sculpt <i>Madeline Peterson</i>	7:00-7:45 MS * <b>Whipped!</b> <b>Jenn Auchterlonie</b>	7:00-7:45 CS * Precision Ride <i>Richard Shaw</i>	8:45-9:30 YS * Pilates Fusion <i>Molly Govern</i>	9:00-9:45 CS * Beats Ride <i>Amy Hiltton</i>
8:00-8:45 YS * Pilates Mat <i>Lara Kornblut</i>	7:30-8:15 YS * <b>Pilates Mat</b> <b>Cagla Giray</b>	8:00-8:50 MS * Stronger <i>Brit Jones</i>	7:30-8:15 YS * Barefoot Sculpt <b>Christianna Wood</b>	8:00-8:50 MS * Stronger <i>Richard Shaw</i>	9:30-10:15 CS * Beats Ride <i>Eliazar Chacha</i>	9:15-10:00 MS * Rhythmic Sculpt <i>Gia-Ninh Chuang</i>
9:30-10:15 YS * Barefoot Sculpt <i>Molly Govern</i>	9:00-9:30 MS * <b>Quick HIIT</b> <b>Brit Jones</b>	9:30-10:15 YS * Pilates Mat <i>Molly Govern</i>	8:00-8:50 TR * <b>Precision Run®</b> <b>Brit Jones</b>	9:30-10:15 MS * Rhythmic Sculpt <i>Mike Gray</i>	9:30-10:15 MS * Tabata Max <i>Jenn Auchterlonie</i>	9:30-10:00 TR * Precision Run 30 <i>Cherie Buday</i>
10:15-11:00 MS * Best Butt Ever <i>Veronika Batyan</i>	9:30-10:00 MS * <b>Upper Body Pump</b> <b>Brit Jones</b>	10:15-11:00 MS * <b>MetCon3</b> <b>Timbo Williams</b>	9:45-10:30 YS * Pilates Fusion <i>Veronika Batyan</i>	10:30-11:15 YS * True Barre <i>Mike Gray</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Brit Jones</i>	9:45-10:30 YS * Pilates Rise <i>Emma Swain</i>
11:15-12:00 MS * Core6 <i>Veronika Batyan</i>	9:45-10:35 TR * Precision Walk: Elevate <i>Emmanuella St. Juste</i>	11:15-12:00 MS * Best Butt Ever <i>Timbo Williams</i>	11:15-12:00 YS * True Barre: Bala Bangle <i>Molly Govern</i>	11:30-12:15 YS * Best Stretch Ever <i>Mike Gray</i>	9:45-10:30 YS * Barefoot Sculpt <i>Christianna Wood</i>	10:15-11:00 MS * Core6 <i>Cherie Buday</i>
12:15-1:00 YS * True Barre: Cardio <i>Mike Gray</i>	11:00-12:00 YS * Sculpted Yoga™ <i>Anne Schuyler</i>	12:15-1:15 YS * Vinyasa Yoga <i>Carolyn Weininger</i>	12:00-12:45 MS * MetCon3 <i>Manal Maarouf</i>	12:15-1:00 MS * <b>Stacked</b> <b>Jenn Auchterlonie</b>	10:30-11:20 MS * Limited Series: Stronger Women <i>Jenn Auchterlonie</i>	10:15-11:05 TR * Precision Walk: Elevate <i>Gia-Ninh Chuang</i>
4:30-5:20 YS * Vinyasa Yoga <i>Jenna Rupert</i>	12:00-12:45 MS * Stronger <i>Brit Jones</i>	4:30-5:15 YS * True Barre <i>Samuel Hall</i>	12:15-1:15 YS * Vinyasa Yoga <i>Jen Lee</i>	4:30-5:15 YS * Pilates Mat <i>Carolyn Weininger</i>	10:30-11:20 TR * Precision Run® <i>Brit Jones</i>	10:45-11:45 YS * Vinyasa Yoga <i>Carolyn Weininger</i>
5:30-6:15 YS * True Barre <i>Veronika Batyan</i>	12:15-1:15 YS * Vinyasa Yoga <i>Jenna Rupert</i>	5:00-5:30 TR * <b>Precision Run 30</b> <b>Jenn Auchterlonie</b>	5:00-5:45 YS * Pilates Fusion <i>Carolyn Weininger</i>	5:15-6:00 MS * Rounds: Boxing <i>Cherie Buday</i>	10:45-11:45 YS * Power Vinyasa <i>Ava Ataee</i>	3:30-4:30 YS * Weekend Wind Down Yoga <i>Camryn Bickham</i>
5:45-6:30 MS * Stacked <i>Brit Jones</i>	5:00-5:45 YS * Pilates Fusion <i>Molly Govern</i>	5:30-6:15 YS * Pilates Mat <i>Carolyn Weininger</i>	5:30-6:15 CS * Beats Ride <i>Rachel Clark</i>	5:30-6:30 YS * Vinyasa Yoga <i>Carolyn Weininger</i>	12:15-1:15 YS * Yin Yoga + Sound Meditation <i>Ana Al-Atrash</i>	
6:30-7:30 YS * Yin Yoga + Sound Meditation <i>Taylor Husereau</i>	5:30-6:15 MS * Rounds: Bags and Mitts <i>Allan Rodas</i>	5:45-6:35 MS * Ropes and Rowers <i>Jenn Auchterlonie</i>	6:00-6:45 YS * True Barre <i>Samuel Hall</i>			
	5:45-6:35 TR * Precision Run® <i>Brit Jones</i>	6:30-7:30 YS * Vinyasa Yoga <i>Cagla Giray</i>	6:15-7:00 MS * Core6 <i>Jaime Ludwick</i>			
	6:00-6:45 YS * True Barre <i>Jenna Rathe</i>		7:00-8:00 YS * Power Vinyasa <i>Ava Ataee</i>			
	7:00-8:00 YS * Power Vinyasa <i>Taylor Husereau</i>					

# EQUINOX

## TYSONS CORNER

8065 Leesburg Pike.

VIENNA VA 22182

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

brit.jones@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 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

**Ashtanga Yoga** Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

**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.

**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.

**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.

**Yin Yoga + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



## HIIT

**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.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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.

**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

**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

**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.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.



## 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.



## 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.



## 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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.



## Strength

**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.

**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.