

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Stronger <i>Allan Rodas</i>	6:00-6:45 MS * <b>Whipped!</b> <b>Richard Shaw</b>	6:00-6:45 MS * Core6 <i>Sabrina Benmira</i>	6:00-6:50 TR * Precision Walk: Elevate <i>Jenn Auchterlonie</i>	7:00-7:45 CS * Precision Ride <i>Richard Shaw</i>	8:30-9:15 MS * Stacked <i>Sabrina Benmira</i>	8:45-9:30 YS * True Barre: Bala Bangle <i>Emma Swain</i>
7:00-7:45 YS * <b>Pilates Mat</b> <b>Maggie Gormley</b>	7:00-7:45 CS * Precision Ride <i>Richard Shaw</i>	7:00-7:45 YS * True Barre <i>Jeanne Slade</i>	7:00-7:45 MS * Stacked <i>Jenn Auchterlonie</i>	8:00-8:50 MS * Stronger <i>Richard Shaw</i>	8:45-9:30 YS * Pilates Fusion <i>Molly Govern</i>	9:00-9:45 CS * Beats Ride <i>Amy Hilton</i>
8:00-8:45 MS * <b>MetCon Monday</b> <b>Jeanne Slade</b>	8:00-8:45 YS * Pilates Fusion <i>Cagla Giray</i>	8:00-8:50 MS * <b>Stronger</b> <b>Jeanne Slade</b>	8:00-8:45 YS * Power Vinyasa <i>Zach Holubowski</i>	9:00-9:45 YS * Pilates Fusion <i>Mike Gray</i>	9:15-10:00 CS * <b>Beats Ride</b> <b>Eliazar Chacha</b>	9:15-10:05 MS * Stronger <i>Gia-Ninh Chuang</i>
9:45-10:30 YS * Pilates Fusion <i>Jeanne Slade</i>	9:00-9:45 MS * <b>Leg Day</b> <b>Jenn Auchterlonie</b>	9:45-10:30 YS * Pilates Mat <i>Maggie Gormley</i>	9:00-9:45 MS * Athletic Conditioning <i>Jenn Auchterlonie</i>	10:00-10:45 YS * <b>True Barre: Cardio</b> <b>Mike Gray</b>	9:30-10:15 MS * Tabata Max <i>Jenn Auchterlonie</i>	9:45-10:30 YS * <b>Pilates Fusion</b> <b>Emma Swain</b>
11:15-12:00 MS * Leg Day <i>Veronika Batyan</i>	9:45-10:35 TR * Precision Walk: Elevate <i>Emmanuella St. Juste</i>	12:15-1:15 YS * Vinyasa Yoga <i>Carolyn Weininger</i>	9:45-10:30 YS * Pilates Fusion <i>Amy Hilton</i>	11:15-12:15 YS * <b>Vinyasa Yoga</b> <b>Lisa Ai</b>	9:30-10:20 TR * Precision Walk: Elevate <i>Brit Jones</i>	10:15-11:00 MS * Core6 <i>Cherie Buday</i>
12:15-1:00 YS * True Barre: Cardio <i>Team Equinox</i>	11:15-12:00 YS * <b>Barefoot Sculpt</b> <b>Megan McCarthy</b>	4:30-5:15 YS * True Barre <i>Samuel Hall</i>	11:15-12:00 YS * <b>True Barre</b> <b>Molly Govern</b>	12:15-1:00 MS * Stacked <i>Jeanne Slade</i>	9:45-10:45 YS * <b>Power Vinyasa</b> <b>Ava Ataee</b>	10:15-11:05 TR * Precision Walk: Elevate <i>Gia-Ninh Chuang</i>
4:30-5:20 YS * <b>Power Vinyasa</b> <b>Saumya Mangalick</b>	12:00-12:50 MS * Stronger <i>Jenn Auchterlonie</i>	4:45-5:30 MS * <b>Leg Day</b> <b>Jenn Auchterlonie</b>	12:00-12:45 MS * MetCon3 <i>Manal Maarouf</i>	4:30-5:15 YS * Pilates Mat <i>Carolyn Weininger</i>	10:30-11:15 MS * <b>Leg Day</b> <b>Jenn Auchterlonie</b>	10:45-11:45 YS * Vinyasa Yoga <i>Carolyn Weininger</i>
5:30-6:15 YS * True Barre <i>Brightyn Sletten</i>	12:15-1:00 YS * Pilates at the Barre <i>Emmanuella St. Juste</i>	5:30-6:15 YS * Pilates Rise <i>Carolyn Weininger</i>	12:15-1:15 YS * Vinyasa Yoga <i>Jen Lee</i>	5:15-6:00 MS * <b>Body Sculpt</b> <b>Rachel Canteri</b>	10:30-11:20 TR * Precision Run@ <i>Brit Jones</i>	3:30-4:30 YS * Weekend Wind Down Yoga <i>Rita Ramos</i>
5:45-6:30 MS * <b>Stacked</b> <b>Saumya Mangalick</b>	4:45-5:30 YS * Pilates Fusion <i>Molly Govern</i>	5:45-6:35 MS * Ropes and Rowers <i>Jenn Auchterlonie</i>	4:45-5:30 YS * Pilates Fusion <i>Carolyn Weininger</i>	5:30-6:30 YS * Vinyasa Yoga <i>Carolyn Weininger</i>	11:15-12:00 YS * <b>True Barre</b> <b>Megan McCarthy</b>	4:45-5:30 YS * Sound Meditation <i>Ana Al-Atrash</i>
6:00-6:45 CS * Beats Ride <i>Rachel Clark</i>	5:30-6:20 TR * <b>Precision Run + Strength</b> <b>Brit Jones</b>	6:30-7:30 YS * Vinyasa Yoga <i>Cagla Giray</i>	5:30-6:15 CS * <b>Beats Ride</b> <b>Eliazar Chacha</b>	5:30-6:30 YS * Vinyasa Yoga <i>Carolyn Weininger</i>	11:30-12:15 MS * Rounds: Boxing <i>Amish Darr</i>	
6:30-7:30 YS * Yin Yoga + Sound Meditation <i>Taylor Husereau</i>	5:45-6:30 YS * True Barre <i>Jenna Rathe</i>		5:45-6:30 YS * True Barre <i>Samuel Hall</i>	6:15-7:00 MS * Core6 <i>Manal Maarouf</i>	12:15-1:15 YS * Yin Yoga + Sound Meditation <i>Ana Al-Atrash</i>	
	6:15-7:00 MS * Rounds: Boxing <i>Team Equinox</i>		6:45-7:45 YS * Power Vinyasa <i>Ava Ataee</i>	6:45-7:45 YS * Power Vinyasa <i>Ava Ataee</i>		
	6:45-7:45 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 + 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®** 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.

**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

**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, dumbbells, 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.

**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.

**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.



## Boxing

**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.



## 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

**Leg Day** Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.