EQUINOX **BETHESDA**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:15-7:00 MS *	Stacked *Allan Rodas*
7:30-8:15 MS *	**Circuit Training** ***Allan Rodas***
8:30-9:00 MS *	**Leg Day 30** ***Brit Jones***
9:00-9:30 MS *	**Upper Body Pump** ***Brit Jones***
9:30-10:30 YS *	Vinyasa Yoga *Jess Lazar*
9:45-10:30 MS *	**MetCon Monday** ***Eva Bard***
10:00-10:45 PD *	**Hydro Athlete** ***Gia-Ninh Chuang***
11:00-11:50 TR *	Precision Walk: Elevate *Brit Jones*
12:00-12:45 YS *	Pilates Mat *Tara Keffer*
12:15-1:05 MS *	Stronger *Jill Washecka*
4:45-5:30 YS *	**True Barre: Bala Bangle** ***Adair Pounds***
5:30-6:00 MS *	Best Abs Ever *Justin Pham*
5:45-6:30 YS *	Barefoot Sculpt *Nicole Dockx*
6:00-6:30 MS *	Upper Body Pump *Justin Pham*
6:30-7:15 MS *	Leg Day *Justin Pham*
6:45-7:35 YS *	**Restorative Yoga** ***Rachelle Demosthene***

TUESDAY

6:00-6:50 TR *	Precision Run® *Claire Robey*
6:15-7:05 MS *	Stronger Women *Brit Jones*
6:30-7:15 YS *	Pilates at the Barre *Emma Swain*
7:15-8:00 MS *	TRX Max *Brit Jones*
8:30-9:15 YS *	Barefoot Sculpt: The Ring *Megan McCarthy*
9:15-10:00 MS *	Cardio Dance *Mario Cervantes*
9:30-10:30 YS *	Vinyasa Yoga *Jess Lazar*
9:45-10:35 TR *	Precision Run® *Jill Washecka*
10:30-11:20 MS *	360 Strength *Mary-Carmen Webb*
11:00-11:45 YS *	Barefoot Sculpt *Adair Pounds*
12:00-12:45 YS *	True Barre: Bala Bangle *Mary-Carmen Webb*
4:45-5:30 YS *	Pilates at the Barre *Megan McCarthy*
5:30-6:15 MS *	Stacked *Jessica Haley*
5:45-6:30 YS *	True Barre *Megan McCarthy*
6:00-6:45 CS *	Beats Ride *Shelby Wagenseller*
6:30-7:15 MS *	Rounds: Boxing *Jessica Haley*
6:45-7:45 YS *	Vinyasa Yoga *Jen Lee*

WEDNESDAY

6:00-6:45 CS *	Beats Ride *Jessica Lang*
6:15-7:05 MS *	Whipped! *Jill Washecka*
7:30-8:15 MS *	**Best Butt Ever** ***Jessica Haley***
8:30-9:15 MS *	**Stacked** ***Jessica Haley***
9:30-10:15 YS *	True Barre *Mary-Carmen Webb*
9:45-10:35 MS *	**Stronger Women** ***Brit Jones***
10:00-10:45 PD *	**Hydro Sculpt** ***Joyce Melamed-Berger***
11:00-11:50 TR *	Precision Run + Strength *Brit Jones*
12:00-1:00 YS *	Vinyasa Yoga *Mimi Rieger*
12:15-1:00 CS *	Precision Ride *Dave Slikker*
4:45-5:30 YS *	Power Vinyasa *Sun Kim*
5:30-6:20 MS *	Stronger *Brit Jones*
5:45-6:30 YS *	**Barefoot Sculpt: The Ring** ***Nicole Dockx***
6:00-6:50 TR *	Precision Walk: Elevate *Alicia Trabert*
6:30-7:15 MS *	MetCon3 *Eva Bard*
6:45-7:45 YS *	Vinyasa Yoga *Hannah Cherry*

THURSDAY

6:00-6:50 TR *	Precision Run + Strength *Claire Robey*
6:15-7:00 MS *	Athletic Conditioning *Emmanuella St. Juste*
6:30-7:15 YS *	True Barre *Mary-Carmen Webb*
7:15-8:00 MS *	Stronger *Emmanuella St. Juste*
8:30-9:15 YS *	Pilates Mat *Jillian Racoosin*
9:15-10:00 MS *	Body Sculpt *Nic Pileri*
9:30-10:30 YS *	Vinyasa Yoga *Jen Lee*
9:45-10:35 TR *	**Precision Walk: Elevate** ***Brit Jones***
10:30-11:15 MS *	**Cardio Dance** ***Erick Ruiz***
11:00-11:45 YS *	**Pilates Fusion** ***Natalie Clark***
12:00-12:45 MS *	**MetCon3** ***Jessica Haley***
4:45-5:30 YS *	Vinyasa Yoga *Mimi Rieger*
5:30-6:15 MS *	Ropes and Rowers *Kareem Cooper*
5:45-6:30 YS *	**Pilates Mat** ***Carl Aull***
6:00-6:45 CS *	Beats Ride *Eliazar Chacha*
6:30-7:15 MS *	Rounds: Boxing *Kareem Cooper*
6:45-7:45 YS *	Restorative Yoga *Tara Purnell*

FRIDAY

6:15-7:00 MS *	MetCon3 *Kareem Cooper*
7:30-8:20 MS *	360 Strength *Kareem Cooper*
9:15-10:15 YS *	**Vinyasa Yoga** ***Team Equinox***
9:30-10:15 MS *	Best Butt Ever *Mary-Carmen Webb*
10:30-11:15 YS *	True Barre: Bala Bangle *Mary-Carmen Webb*
11:00-11:45 PD *	**Hydro Sculpt** ***Emmanuella St. Juste***
12:00-12:45 YS *	Pilates Mat *Emmanuella St. Juste*
12:15-1:00 CS *	Precision Ride *Dave Slikker*
4:45-5:30 YS *	Pilates Rise *Tara Keffer*
5:00-5:45 MS *	**Body Sculpt** ***Eva Bard***
6:00-6:45 MS *	Athletic Stretch *Hannah Cherry*

SATURDAY

7:30-8:20 TR *	**Precision Run®** ***Brit Jones***
8:00-8:45 MS *	Circuit Training *Jason Vanterpool*
8:30-9:15 YS *	Pilates at the Barre *Megan McCarthy*
9:00-9:50 MS *	**Stronger** ***Jason Vanterpool***
9:00-9:50 TR *	Precision Run® *Jaime Ludwick*
9:15-10:00 CS *	Beats Ride *Shelby Wagenseller*
9:30-10:30 YS *	Vinyasa Yoga *Maria Barone*
9:45-10:30 PD *	**Hydro Athlete** ***Gia-Ninh Chuang***
10:00-10:45 MS *	Core6 *Jaime Ludwick*
10:15-11:05 TR *	Precision Walk: Elevate + Strength *Brit Jones*
10:45-11:30 YS *	Pilates Fusion *Gia-Ninh Chuang*
11:00-11:45 MS *	**Rounds: Bags and Mitts** ***Allan Rodas***
11:45-12:30 YS *	**Barefoot Sculpt** ***Megan McCarthy***
12:00-12:30 MS *	**Leg Day 30** ***Allan Rodas***
12:30-1:00 MS *	**Quick HIIT** ***Allan Rodas***
5:15-6:15 YS *	Meditation *Alex Hall*

SUNDAY

8:30-9:30 YS *	Power Vinyasa *Sun Kim*
9:00-9:45 MS *	Rounds: Boxing *Jessica Haley*
9:15-10:05 TR *	Precision Walk: Elevate *Alicia Trabert*
9:45-10:30 YS *	Pilates Mat *Jillian Racoosin*
10:00-10:45 CS *	Beats Ride *Jessica Lang*
10:15-11:05 MS *	**Stronger Women** ***Maggie Olvera***
10:15-10:45 TR *	Precision Run 30 *Alicia Trabert*
10:45-12:00 YS *	Vinyasa Yoga *Jen Lee*
11:15-12:00 MS *	**Athletic Conditioning** ***Mary-Carmen Webb***
1:00-1:45 YS *	Barefoot Sculpt: The Ring *Emma Swain*
2:00-2:50 YS *	Pilates Rise *Emma Swain*
3:00-4:00 YS *	Weekend Wind Down Yoga *Amberlie Price*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

BETHESDA

4905 Elm Street

BETHESDA MD 20814

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 06:00 AM 08:00 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

PD Pool Deck

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.

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.
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.
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.

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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.
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.

Swim

Hydro Athlete An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.
Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.

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 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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. 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.

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.

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.

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

Athletic Stretch Improve posture and enhance performance whether you’re an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.
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.
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.
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.
Leg Day 30 Thirty minutes of 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.
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. 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.