

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Tabata Max Timbo Williams	6:00-7:00 CS * Endurance Ride 60 Dru Ryan	6:15-7:00 CS * Beats Ride Cherie Buday	6:00-6:45 CS * Beats Ride Richard Shaw	6:15-7:00 MS * MetCon3 Kareem Cooper	8:00-8:45 MS * Circuit Training Jason Vanterpool	8:30-9:30 YS * Power Vinyasa Sun Kim
6:45-7:45 YS * Vinyasa Yoga Maria Barone	6:00-6:45 TR * Precision Run® Sara Zargham	6:15-7:05 MS * Whipped! Jill Washecka	6:00-6:45 Precision Run + Strength Kelly Foley	7:30-8:15 MS * Athletic Conditioning Kareem Cooper	8:30-9:15 YS * True Barre Megan McCarthy	9:00-9:45 MS * Rounds: Boxing Jessica Haley
8:30-9:15 MS * TRX Max Timbo Williams	6:15-7:05 MS * Limited Series: Stronger Women Norah Davis	8:00-8:45 MS * Rounds: Boxing Dre Howard	TR * 6:15-7:00 YS * True Barre Mary-Carmen Webb	8:30-9:30 YS * Vinyasa Yoga Lisa Ai	9:00-9:50 MS * Stronger Amber Booth	9:15-10:00 TR * Precision Walk: Elevate Team Equinox
9:30-10:15 MS * Stacked Timbo Williams	7:15-8:00 YS * Pilates at the Barre Emma Swain	9:30-10:20 MS * Stronger Jason Vanterpool	7:15-8:05 MS * Stronger Richard Shaw	9:30-10:15 MS * Best Butt Ever Mary-Carmen Webb	9:30-10:15 CS * Beats Ride Shelby Wagenseller	9:45-10:30 YS * Pilates at the Barre Megan McCarthy
9:30-10:30 YS * Vinyasa Yoga Jess Lazar	8:30-9:20 MS * 360 Strength Mary-Carmen Webb	9:30-10:15 YS * True Barre Mary-Carmen Webb	8:30-9:15 MS * Stacked Brienne Anderson	10:30-11:15 YS * True Barre: Bala Bangle Mary-Carmen Webb	9:30-10:30 YS * Vinyasa Yoga Maria Barone	10:00-10:45 CS * Beats Ride Julia Hawkins
10:00-10:45 PD * Hydro Athlete Gia-Ninh Chuang	9:30-10:30 YS * Vinyasa Yoga Jenna Rupert	10:00-10:45 PD * Hydro Sculpt Joyce Melamed-Berger	9:30-10:30 YS * Vinyasa Yoga Jen Lee	12:00-12:45 YS * Pilates Mat Emmanuella St. Juste	9:45-10:30 PD * Hydro Athlete Gia-Ninh Chuang	10:30-11:15 MS * Athletic Conditioning Mary-Carmen Webb
12:00-12:45 YS * Pilates Mat Tara Keffer	9:45-10:30 TR * Precision Run® Jill Washecka	12:00-12:45 CS * Precision Ride Dave Slikker	9:45-10:30 MS * Tabata Max Brienne Anderson	12:15-1:00 MS * Athletic Conditioning Timbo Williams	10:00-10:45 MS * MetCon3 Igwe Mapp	10:45-12:00 YS * Vinyasa Yoga Jen Lee
12:15-1:00 MS * Rounds: Boxing Evelyn Lugo	10:45-11:35 YS * Pilates Rise Gia-Ninh Chuang	12:00-1:00 YS * Vinyasa Yoga Mimi Rieger	9:45-10:30 TR * Precision Walk: Elevate Kevin St-Fort	4:45-5:30 YS * Pilates Rise Tara Keffer	10:15-11:00 TR * Precision Run® Jaime Ludwick	
4:45-5:30 YS * Pilates at the Barre Megan McCarthy	12:00-12:50 YS * True Barre: Bala Bangle Mary-Carmen Webb	12:15-1:00 MS * Athletic Conditioning Jason Vanterpool	10:45-11:30 YS * Barefoot Sculpt Madeline Peterson	5:00-5:45 MS * Stacked Adair Pounds	10:45-11:30 YS * Pilates Fusion Gia-Ninh Chuang	11:30-12:15 MS * Athletic Stretch Mary-Carmen Webb
5:30-6:15 MS * MetCon Monday Norah Davis	12:15-1:00 MS * Stacked Adair Pounds	4:45-5:30 YS * Vinyasa Yoga Jenna Rupert	12:00-12:45 YS * Pilates Fusion Emma Swain	5:45-6:45 YS * Vinyasa Yoga Anne Smith	11:00-11:45 MS * Rounds: Boxing Allan Rodas	1:30-2:20 YS * Pilates Rise Emma Swain
5:30-6:15 TR * Precision Walk: Elevate Watt	4:45-5:30 YS * Barefoot Sculpt Adair Pounds	5:30-6:15 CS * Beats Ride Shelby Wagenseller	12:15-1:00 MS * Stacked Jessica Haley			3:30-4:30 YS * Gentle Yoga Hannah Cherry
5:45-6:30 YS * Barefoot Sculpt Nicole Dockx	5:30-6:15 MS * MetCon3 Jessica Haley	5:45-6:35 MS * Stronger Igwe Mapp	4:45-5:45 YS * Vinyasa Yoga Mimi Rieger		11:45-12:45 YS * Sculpted Yoga™ Anne Smith	
6:30-7:20 MS * 360 Strength Jihad Watt	5:45-6:30 YS * True Barre Megan McCarthy	5:45-6:30 YS * Barefoot Sculpt Madeline Peterson	5:30-6:15 MS * Whipped! Timbo Williams		3:00-3:45 YS * Sonic Meditation Lana Boone	
6:45-7:35 YS * Restorative Yoga Nicole Dockx	6:30-7:15 MS * Rounds: Boxing Jessica Haley	6:00-6:45 TR * Precision Walk: Elevate Jaime Ludwick	6:00-6:45 TR * Precision Run® Claire Kostelnik			
	6:45-7:45 YS * Vinyasa Yoga Jen Lee	6:45-7:30 MS * Cardio Dance Mike Hubbard	6:00-6:50 YS * Pilates Mat Farley Price		5:15-6:15 YS * Weekend Wind Down Yoga Alex Hall	
		6:45-7:45 YS * Vinyasa Yoga Hannah Cherry	6:30-7:15 MS * Best Butt Ever Timbo Williams			
		8:00-8:45 YS * Sonic Meditation Hannah Cherry	7:15-8:15 YS * Restorative Yoga Tara Purnell			

# 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** 07:00 AM 08:00 PM

## Kids

**MON-SUN** 09:00 AM 01:00 PM

## GROUP FITNESS MANAGER

jason.vanterpool@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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

**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

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**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.

**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.



## 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.

**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.

**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.

**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.



## 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: 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.



## 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.



## 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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.



## 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 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.