

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Jack Kanterman</i>	6:30-7:15 MS * Best Butt Ever <i>Adair Pounds</i>	6:30-7:15 MS * Stacked <i>Veronika Batyan</i>	6:30-7:20 MS * Stronger <i>Jill Laptosky</i>	6:30-7:15 MS * Core6 <i>Olivia Speno</i>	8:30-9:15 YS * Pilates Rise <i>Jessica Mahler</i>	9:00-9:45 YS * True Barre <i>Megan McCarthy</i>
7:00-7:45 YS * True Barre <i>Trinika J</i>	6:45-7:30 CS * Beats Ride Team Equinox	6:45-7:30 CS * Beats Ride <i>Bryan Ensel</i>	6:45-7:30 CS * Beats Ride <i>Eliazar Chacha</i>	7:00-7:45 YS * Pilates Rise <i>Emma Swain</i>	9:15-10:05 MS * Stronger Jason Vanterpool	9:30-10:15 MS * Stacked <i>Jill Laptosky</i>
7:30-8:20 MS * Stronger <i>Kevin St-Fort</i>	7:15-8:00 YS * Barefoot Sculpt <i>Rachel Canteri</i>	7:00-7:45 YS * Pilates Mat (L2) Maggie Gormley	7:15-8:00 YS * True Barre: Bala Bangle <i>Emma Swain</i>	7:30-8:15 MS * Athletic Conditioning <i>Bryan Ensel</i>	9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	9:30-10:30 PD * Hydro Sculpt <i>Bryan Ensel</i>
9:15-10:00 YS * Pilates Rise <i>Anita Singh</i>	7:30-8:15 MS * Athletic Conditioning <i>Adair Pounds</i>	7:30-8:15 MS * Core6 <i>Veronika Batyan</i>	7:30-8:15 MS * Leg Day Kevin St-Fort	9:15-10:15 YS * Vinyasa Yoga <i>Chris Reber</i>	9:30-10:15 YS * True Barre: Off the Barre <i>Mike Gray</i>	10:00-10:45 YS * Barefoot Sculpt <i>Stephen Murray</i>
9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	9:15-10:00 YS * True Barre <i>Mary Love</i>	7:45-8:15 TR * Precision Run 30 <i>Bryan Ensel</i>	9:15-10:00 YS * Barefoot Sculpt <i>Madeline Peterson</i>	10:30-11:15 YS * Barefoot Sculpt <i>Christianna Wood</i>	10:00-10:45 CS * Beats Ride <i>Wardah Rana</i>	10:30-11:20 MS * Stronger <i>Allan Rodas</i>
10:30-11:15 YS * True Barre <i>Meri Jones</i>	10:30-11:20 YS * Pilates Mat (L2) <i>Mike Gray</i>	9:15-10:00 YS * Pilates Fusion <i>Veronika Batyan</i>	10:30-11:20 YS * Pilates Mat <i>Mike Gray</i>	11:30-12:15 CS * Beats Ride <i>Eliazar Chacha</i>	10:15-11:00 MS * Leg Day Jason Vanterpool	11:00-11:45 CS * Beats Ride <i>Bryan Ensel</i>
11:30-12:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	11:30-12:15 YS * Best Stretch Ever <i>Jes Howard</i>	9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	11:30-12:15 YS * True Barre <i>Mary Love</i>	12:15-1:00 YS * Pilates Fusion <i>Emma Swain</i>	10:30-11:20 TR * Precision Run® Kevin St-Fort	11:15-12:00 YS * Pilates Fusion <i>Emma Swain</i>
12:15-1:00 YS * Pilates Mat (L1) <i>Meri Jones</i>	12:30-1:15 MS * MetCon3 <i>Jes Howard</i>	10:30-11:15 YS * True Barre: Bala Bangle <i>Emma Swain</i>	12:30-1:15 MS * Rounds: Boxing <i>Kareem Cooper</i>	12:30-1:20 MS * Stronger <i>Brianne Anderson</i>	10:30-11:15 YS * Pilates Mat <i>Mike Gray</i>	11:30-12:15 MS * Rounds: Boxing <i>Amish Darr</i>
12:30-1:15 MS * Athletic Conditioning <i>Mary-Carmen Webb</i>	12:30-1:15 YS * True Barre: Cardio <i>Mike Gray</i>	11:30-12:15 MS * Stacked <i>Jason Vanterpool</i>	12:30-1:15 YS * Best Stretch Ever <i>Mike Gray</i>	4:30-5:15 MS * Core6 <i>Bryan Ensel</i>	11:15-12:00 MS * Core6 <i>Veronika Batyan</i>	12:00-12:45 PD * Swim: Skills + Drills <i>Rachel Clark</i>
4:30-5:15 MS * Best Butt Ever <i>Kevin St-Fort</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Emma Swain</i>	12:15-1:00 YS * Pilates Rise <i>Meri Jones</i>	4:30-5:15 YS * Pilates Mat Jessica Mahler	5:00-5:45 YS * Pilates Fusion <i>Stephen Murray</i>	11:30-12:15 YS * Best Stretch Ever <i>Mario Austin</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Jessica Mahler</i>
5:00-5:45 YS * Pilates Rise <i>Stephen Murray</i>	5:00-5:50 MS * Stronger <i>Kevin St-Fort</i>	12:30-1:15 MS * Circuit Training <i>Jason Vanterpool</i>	5:00-5:45 MS * Body Sculpt <i>Megan McCarthy</i>	5:30-6:15 CS * Anthem Ride Erick Ruiz	12:15-1:00 MS * Best Butt Ever <i>Veronika Batyan</i>	3:00-3:45 YS * Pilates Mat <i>Emma Silverman</i>
5:30-6:15 MS * Cardio Dance <i>Gabriel Sanchez</i>	5:30-6:15 CS * Beats Ride <i>Amy Hilton</i>	4:30-5:15 MS * Leg Day Kevin St-Fort	5:30-6:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	5:30-6:15 MS * Rounds: Boxing <i>Allan Rodas</i>	12:30-1:30 YS * Vinyasa Yoga <i>Chris Reber</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Mimi Rieger</i>
5:30-6:20 TR * Precision Run® <i>Jenn Auchterlonie</i>	5:30-6:30 YS * Vinyasa Yoga <i>Chris Reber</i>	5:00-5:45 YS * Barefoot Sculpt <i>Megan McCarthy</i>	5:30-6:30 YS * Sculpted Yoga™ Jessica Mahler	6:00-7:00 YS * Gentle Yoga <i>Mario Austin</i>	3:00-3:45 YS * Pilates Fusion <i>Alissa Wilmina</i>	
5:45-6:30 CS * Beats Ride <i>Janelle Tibayan</i>	6:00-6:45 MS * Body Sculpt <i>Emmanuella St. Juste</i>	5:30-6:15 MS * Cardio Dance <i>Saumya Mangalick</i>	6:00-6:50 MS * Stronger <i>Cristina Baker</i>	6:30-7:15 MS * Cardio Dance <i>Erick Ruiz</i>	4:00-5:00 YS * Yin Yoga + Sound Meditation <i>Alissa Wilmina</i>	
6:00-6:45 YS * Barefoot Sculpt <i>Christianna Wood</i>	6:00-6:30 TR * Precision Run 30 <i>Kevin St-Fort</i>	5:30-6:20 TR * Precision Walk: Elevate <i>Kevin St-Fort</i>	6:30-7:15 PD * Swim: Skills + Drills <i>Rachel Clark</i>			
6:30-7:15 MS * MetCon Monday <i>Jenn Auchterlonie</i>	6:30-7:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	5:45-6:30 CS * Beats Ride Wardah Rana	6:45-7:30 YS * True Barre <i>Mary-Carmen Webb</i>			
7:00-8:00 YS * Vinyasa Yoga CJ Hunter	6:45-7:30 YS * Pilates Fusion <i>Emma Swain</i>	6:00-6:45 YS * Best Stretch Ever <i>Mario Austin</i>				
	7:00-7:45 MS * Rounds: Boxing <i>Evelyn Lugo</i>	6:30-7:15 MS * Best Butt Ever <i>Allan Rodas</i>				
		7:00-8:00 YS * Restorative Yoga <i>Mario Austin</i>				

EQUINOX

SPORTS CLUB WASHINGTON D.C.

1170 22nd St NW

WASHINGTON DC 20037

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

kevin.stfort@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

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

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.



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

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.

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.

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.

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.

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.



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.

True Barre: Off the Barre This off-the-barre sculpt class uses light weights and props 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.



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 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.

Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.



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.



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.

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.