

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Jack Kanterman</i>	6:30-7:15 MS * Athletic Conditioning <i>Adair Pounds</i>	6:30-7:15 MS * <b>Stacked</b> <b>Veronika Batyan</b>	6:30-7:15 CS * Beats Ride <i>Eliazar Chacha</i>	7:00-7:45 YS * Pilates Fusion <i>Emma Swain</i>	8:15-9:00 MS * Stacked <i>Cherie Buday</i>	9:00-9:45 YS * True Barre <i>Sara Syryla</i>
6:45-7:30 CS * Beats Ride <i>Wardah Rana</i>	7:00-7:45 CS * Beats Ride <i>Hansen Mak</i>	6:45-7:30 CS * Anthem Ride <i>Norah Davis</i>	6:30-7:20 MS * Stronger <i>Brit Jones</i>	7:15-8:05 MS * Ropes and Rowers <i>Norah Davis</i>	8:30-9:15 YS * Pilates Rise <i>Jessica Mahler</i>	9:45-10:30 MS * Stacked <i>Jill Laptosky</i>
7:00-8:00 YS * Sculpted Yoga™ <i>Chelsea Estevez</i>	7:15-8:00 YS * Barefoot Sculpt <i>Rachel Canteri</i>	7:00-7:45 YS * Pilates Mat (L2) <i>Kaila Overton</i>	7:15-8:00 YS * True Barre: Bala Bangle <i>Emma Swain</i>	7:30-8:15 CS * Beats Ride <i>Janelle Tibayan</i>	9:00-9:45 CS * Beats Ride <i>Wardah Rana</i>	10:00-10:45 YS * Best Stretch Ever <i>Mike Gray</i>
7:30-8:20 MS * Stronger <i>Kevin St-Fort</i>	7:30-8:15 MS * Best Butt Ever <i>Emmanuella St. Juste</i>	7:15-8:00 TR * <b>Precision Run®</b> <b>Kevin St-Fort</b>	7:30-8:15 MS * Stacked <i>Brit Jones</i>	9:15-10:15 YS * Vinyasa Yoga <i>Chris Reber</i>	9:15-10:00 MS * Stronger <i>Cherie Buday</i>	10:30-10:45 MS * Best Abs Ever <i>Jill Laptosky</i>
9:15-10:00 YS * Pilates Rise <i>Stephen Murray</i>	9:30-10:15 MS * True Barre: Off the Barre <i>Mary Love</i>	7:30-8:15 MS * <b>Athletic Conditioning</b> <b>Veronika Batyan</b>	9:15-10:00 MS * Body Sculpt <i>Madeline Peterson</i>	9:30-10:15 MS * Stacked <i>Cristina Baker</i>	9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	10:45-11:30 CS * Beats Ride <i>Bryan Ensel</i>
9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</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>	10:45-11:45 YS * Slow Flow Yoga <i>Jes Howard</i>	9:30-10:15 YS * True Barre <i>Mike Gray</i>	11:00-11:50 MS * Stronger <i>Igwe Mapp</i>
10:30-11:15 YS * True Barre <i>Mike Gray</i>		9:30-10:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>			10:15-11:00 MS * Athletic Conditioning <i>Philip Goo</i>	
	11:30-12:15 YS * Best Stretch Ever <i>Jes Howard</i>	10:30-11:15 YS * True Barre: Bala Bangle <i>Emma Swain</i>	11:30-12:15 YS * True Barre: Off the Barre <i>Mary Love</i>	11:30-12:15 CS * Beats Ride <i>Eliazar Chacha</i>	10:30-11:15 YS * Pilates Fusion <i>Mike Gray</i>	11:15-12:00 YS * Pilates Fusion <i>Emma Swain</i>
11:30-12:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	12:30-1:15 MS * MetCon3 <i>Jes Howard</i>	11:15-12:00 TR * <b>Precision Walk: Elevate</b> <b>Kevin St-Fort</b>	12:30-1:15 MS * Rounds: Boxing <i>Kareem Cooper</i>	12:15-1:00 YS * Pilates Fusion <i>Emma Swain</i>	11:00-11:50 TR * Precision Run® <i>Mona Garcia</i>	12:00-12:45 MS * Cardio Dance <i>Saumya Mangalick</i>
11:30-12:15 MS * Body Sculpt <i>Adair Pounds</i>	12:30-1:15 YS * True Barre: Cardio <i>Mike Gray</i>	11:30-12:15 MS * Best Butt Ever <i>Philip Goo</i>	12:30-1:15 YS * Best Stretch Ever <i>Mike Gray</i>	12:30-1:20 MS * Stronger <i>Kevin St-Fort</i>		12:00-12:50 TR * Precision Walk: Elevate <i>Javier Martinez</i>
12:15-1:00 YS * Pilates Mat (L1) <i>Kaila Overton</i>		12:15-1:00 YS * Pilates Rise <i>Mike Gray</i>			11:30-12:15 MS * Rhythmic Sculpt <i>Veronika Batyan</i>	12:15-1:15 YS * <b>Sculpted Yoga™</b> <b>Jessica Mahler</b>
12:30-1:15 MS * Athletic Conditioning <i>Mary-Carmen Webb</i>	4:30-5:15 YS * True Barre: Bala Bangle <i>Emma Swain</i>	12:30-1:15 MS * Circuit Training <i>Philip Goo</i>	4:30-5:15 YS * Pilates Mat <i>Emma Silverman</i>	4:30-5:15 MS * MetCon3 <i>Madeline Peterson</i>	11:30-12:15 YS * Best Stretch Ever <i>Mario Austin</i>	
	5:15-6:00 MS * Stronger <i>Kevin St-Fort</i>		5:15-6:00 MS * Body Sculpt <i>Megan McCarthy</i>	5:15-6:00 YS * Pilates Fusion <i>Stephen Murray</i>	12:30-1:15 MS * Best Butt Ever <i>Veronika Batyan</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Mimi Rieger</i>
4:30-5:00 MS * Best Butt Ever <i>Kevin St-Fort</i>	5:30-6:15 CS * Beats Ride <i>Christine McDonough</i>	4:30-5:00 MS * Upper Body Pump <i>Cherie Buday</i>	5:15-6:00 MS * Swim: Skills + Drills <i>Lauren Shank</i>	5:30-6:15 CS * Beats + Bands Ride <i>Erick Ruiz</i>	12:30-1:30 YS * Vinyasa Yoga <i>Chris Reber</i>	
5:00-5:15 MS * Best Abs Ever <i>Kevin St-Fort</i>	5:30-6:30 YS * Vinyasa Yoga <i>Chris Reber</i>	5:00-5:15 MS * Best Abs Ever <i>Cherie Buday</i>	5:30-6:15 CS * Beats Ride <i>Mary-Carmen Webb</i>	5:30-6:15 MS * Rounds: Bags and Mitts <i>Allan Rodas</i>		
5:15-6:00 YS * <b>Pilates Mat</b> <b>Emma Silverman</b>	6:15-7:00 MS * Cardio Dance <i>Saumya Mangalick</i>	5:15-6:00 YS * Barefoot Sculpt <i>Megan McCarthy</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Chelsea Estevez</i>	6:15-7:15 YS * Gentle Yoga <i>Mario Austin</i>		
5:30-6:15 MS * Cardio Dance <i>Gabriel Sanchez</i>	6:30-7:30 PD * Hydro Sculpt <i>Marsha Hawkins</i>	5:15-6:00 YS * Cardio Dance <i>Erick Ruiz</i>	6:15-7:00 MS * Stronger <i>Cristina Baker</i>	6:30-7:15 MS * Cardio Dance <i>Erick Ruiz</i>		
5:30-6:20 TR * Precision Run® <i>Jenn Auchterlonie</i>	6:45-7:30 YS * Pilates Fusion <i>Emma Swain</i>	5:30-6:15 MS * Cardio Dance <i>Erick Ruiz</i>	6:45-7:30 YS * True Barre <i>Mary-Carmen Webb</i>			
5:45-6:30 CS * Beats Ride <i>Janelle Tibayan</i>	7:15-8:00 MS * Rounds: Boxing <i>Evelyn Lugo</i>	5:30-6:20 TR * Precision Run® <i>Kevin St-Fort</i>	7:00-7:15 MS * Best Abs Ever <i>Cristina Baker</i>			
6:15-7:15 YS * Vinyasa Yoga <i>Ryan Daniel Smith</i>	7:45-8:30 YS * <b>Barefoot Sculpt</b> <b>Christianna Wood</b>	5:45-6:30 CS * Anthem Ride <i>Cherie Buday</i>	7:45-8:45 YS * Slow Flow Yoga <i>Regina Postrekhina</i>			
6:30-7:15 MS * MetCon Monday <i>Jenn Auchterlonie</i>		6:15-7:15 YS * Restorative Yoga <i>Mario Austin</i>				
7:30-8:15 MS * Limited Series: Stronger Women <i>Jenn Auchterlonie</i>		6:30-7:15 MS * Best Butt Ever <i>Philip Goo</i>				

# EQUINOX

## SPORTS CLUB WASHINGTON D.C.

1170 22nd St NW

WASHINGTON DC 20037

EQUINOX.COM

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**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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that’s unlike anything you’ve tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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**® 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.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

**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.



## 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: 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.



## 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.

**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 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.

**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.