

# EQUINOX

## SPORTS CLUB WASHINGTON D.C.

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MetCon Monday MS * Jack Kanterman	6:30-7:15 Athletic Conditioning MS * Adair Pounds	6:30-7:15 Stacked MS * Veronika Batyan	6:30-7:20 Stronger <b>Jill Laptopsky</b>	6:30-7:15 Core6 MS * Olivia Speno	8:30-9:15 Pilates Rise YS * Jessica Mahler	9:00-9:45 True Barre YS * Sara Syryla
6:45-7:30 Beats Ride CS * Wardah Rana	6:45-7:30 Beats Ride CS * Hansen Mak	6:45-7:30 Anthem Ride CS * Norah Davis	6:45-7:30 Beats Ride <b>Eliazar Chacha</b>	7:00-7:45 True Barre YS * Emma Swain	9:15-10:05 <b>Limited Series: Stronger Women</b> <b>Cherie Buday</b>	9:30-10:15 Stacked MS * Jill Laptopsky
7:00-8:00 Sculpted Yoga™ YS * Chelsea Estevez	7:15-8:00 Barefoot Sculpt Rachel Canteri	7:00-7:45 Pilates Mat (L2) YS * Kaila Overton	7:15-8:00 True Barre: Bala Bangle Emma Swain	7:15-8:00 Beats Ride CS * Janelle Tibayan	10:00-10:45 Best Stretch Ever Mike Gray	10:30-11:20 Stronger Igwe Mapp
7:30-8:20 Stronger MS * Kevin St-Fort	7:30-8:15 Best Butt Ever MS * Adair Pounds	7:30-8:00 Quick HIIT Veronika Batyan	7:30-8:20 Ropes and Rowers <b>Norah Davis</b>	7:30-8:15 Body Sculpt Madeline Peterson	11:00-11:45 Beats Ride Wardah Rana	11:00-11:45 Beats Ride Bryan Ensel
9:15-10:00 <b>Pilates Mat</b> YS * <b>Emma Silverman</b>	9:15-10:00 <b>Rhythmic Sculpt</b> Mary Love	8:00-8:30 Upper Body Pump Veronika Batyan	9:15-10:00 Athletic Conditioning <b>Bryan Ensel</b>	9:15-10:15 Vinyasa Yoga Chris Reber	11:15-12:00 Pilates Fusion Emma Swain	11:15-12:00 Pilates Fusion Emma Swain
9:30-10:30 Hydro Sculpt PD * Marsha Hawkins	10:30-11:20 Pilates Mat (L2) Mike Gray	9:15-10:00 Pilates Fusion Veronika Batyan	10:30-11:20 Pilates Mat Mike Gray	9:30-10:15 Stacked <b>Jason Vanterpool</b>	11:30-12:15 Rounds: Boxing Mona Garcia	12:00-12:50 Precision Walk: Elevate Javier Martinez
10:30-11:15 True Barre YS * Mike Gray	11:30-12:15 Best Stretch Ever YS * Jes Howard	9:30-10:30 Hydro Sculpt Marsha Hawkins	11:30-12:15 True Barre: Off the Barre Mary Love	10:30-11:15 Barefoot Sculpt Christianna Wood	12:15-1:15 Sculpted Yoga™ Jessica Mahler	12:15-1:15 Sculpted Yoga™ Jessica Mahler
11:30-12:15 Beats Ride CS * Mary-Carmen Webb	12:30-1:15 MetCon3 Jes Howard	10:30-11:15 True Barre: Bala Bangle Emma Swain	12:30-1:15 Rounds: Boxing Kareem Cooper	11:30-12:15 Beats Ride <b>Eliazar Chacha</b>	3:00-3:45 Pilates Mat Tarcy Thompson	3:00-3:45 Pilates Mat Tarcy Thompson
12:15-1:00 Pilates Mat (L1) YS * Kaila Overton	12:30-1:15 True Barre: Cardio Mike Gray	11:30-12:15 Best Butt Ever MS * Philip Goo	12:30-1:15 Best Stretch Ever Mike Gray	12:15-1:00 Pilates Fusion Emma Swain	4:00-5:00 Weekend Wind Down Yoga Mimi Rieger	4:00-5:00 Weekend Wind Down Yoga Mimi Rieger
12:30-1:15 Athletic Conditioning MS * Mary-Carmen Webb	4:30-5:15 True Barre: Bala Bangle YS * Emma Swain	12:15-1:00 Pilates Rise Mike Gray	12:30-1:20 Stronger <b>Brienne Anderson</b>	11:15-12:00 Core6 Veronika Batyan		
4:30-5:15 Best Butt Ever MS * Kevin St-Fort	5:00-5:50 Stronger MS * Kevin St-Fort	12:30-1:15 Circuit Training Philip Goo	4:30-5:15 Pilates Mat Emma Silverman	11:30-12:15 Best Stretch Ever Mario Austin		
5:00-5:45 <b>Pilates Rise</b> YS * <b>Stephen Murray</b>	5:15-6:00 Beats Ride CS * Amy Hilton	4:30-5:15 Core6 <b>Cherie Buday</b>	5:00-5:45 Body Sculpt Megan McCarthy	12:15-1:00 Best Butt Ever Veronika Batyan		
5:30-6:15 Cardio Dance MS * Gabriel Sanchez	5:30-6:30 Vinyasa Yoga Chris Reber	5:00-5:45 Barefoot Sculpt Megan McCarthy	5:15-6:00 Beats Ride Mary-Carmen Webb	12:30-1:30 Vinyasa Yoga Chris Reber		
5:30-6:20 Precision Run® TR * Jenn Auchterlonie	6:00-6:45 Body Sculpt Emmanuella St. Juste	5:30-6:15 Cardio Dance Erick Ruiz	5:30-6:30 Sculpted Yoga™ Chelsea Estevez	3:00-3:45 Pilates Fusion Alissa Wilmina Diaz		
5:45-6:30 Beats Ride CS * Janelle Tibayan	6:00-6:30 <b>Precision Run 30</b> <b>Kevin St-Fort</b>	5:30-6:20 Precision Walk: Elevate TR * Kevin St-Fort	6:00-6:50 Stronger Cristina Baker	4:00-5:00 Yin Yoga + Sound Meditation Alissa Wilmina Diaz		
6:00-6:45 Barefoot Sculpt YS * Christiana Wood	6:30-7:30 Hydro Sculpt PD * Marsha Hawkins	5:45-6:30 Anthem Ride Cherie Buday	6:30-7:30 Hydro Sculpt Marsha Hawkins	6:00-7:00 Gentle Yoga Mario Austin		
6:30-7:15 MetCon Monday MS * Jenn Auchterlonie	6:45-7:30 Pilates Fusion YS * Emma Swain	6:00-6:45 Best Stretch Ever Mario Austin	6:45-7:30 True Barre Mary-Carmen Webb	6:30-7:15 Cardio Dance Erick Ruiz		
7:00-8:00 Vinyasa Yoga YS * Ryan Daniel Smith	7:00-7:45 Rounds: Boxing Evelyn Lugo	6:30-7:15 Best Butt Ever Philip Goo	7:00-8:00 Restorative Yoga Mario Austin			

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# 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 + 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 30** An express version of our signature interval-based treadmill program, created by running expert, David Siih. 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 Siih. 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 and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports you 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.

## ◆ 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.

## ◆ 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 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.