

EQUINOX

ANTHEM ROW

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 Circuit Training MS * Jason Vanterpool	6:15-7:00 Stacked MS * Jihad Watt	6:15-7:00 Pilates Mat (Heated) YS * Christie Fabish	6:15-7:00 Athletic Conditioning Emmanuella St. Juste	6:15-7:00 Vinyasa Yoga (Heated) YS * Allison Solley	8:15-9:00 Pilates Mat YS * Emma Swain	8:30-9:15 Pilates Rise YS * Anita Singh
7:15-8:00 Rounds: Bags and Mitts BR * Allan Rodas	6:30-7:15 Pilates Fusion YS * Jessica Mahler	6:30-7:15 Jump Rope Training MS * Timbo Williams	6:30-7:15 Pilates Rise YS * Francesca Skedros	6:30-7:15 Tabata Max MS * Christie Fabish	8:45-9:30 Rounds: Pro (L3) BR * Karen Cooper	9:00-9:45 Core6 Olivia Speno
7:15-8:00 Pilates at the Barre YS * Jenna Rathe	7:00-7:45 Rounds: Pro (L3) BR * Branden Allen	7:00-7:45 Rounds: Boxing BR * Evelyn Lugo	7:00-7:45 Rounds: Pro (L3) Lauren Sylvester	7:00-7:45 Beats Ride CS * Eliazar Chacha	9:00-9:50 Whipped! MS * Emmanuella St. Juste	9:30-10:15 Beats Ride CS * Remi Shea
7:30-8:15 Stronger MS * Jason Vanterpool	7:15-8:05 Ropes and Rowers MS * Philip Goo	7:00-7:45 Beats Ride CS * Christine McDonough	7:15-8:05 MetCon3 Christie Fabish	7:15-8:00 Rounds: Boxing BR * Lauren Polovoy	9:15-10:00 Vinyasa Yoga YS * CJ Hunter	9:30-10:30 Vinyasa Yoga (Heated) Alissa Wilmina Diaz
9:00-10:00 Vinyasa Yoga YS * Caren Plummer	7:15-8:05 Precision Run® Jihad Watt	7:15-8:05 Precision Run® Christie Fabish	7:15-8:05 Precision Walk: Elevate TR *	7:30-8:15 Best Butt Ever MS * Javier Martinez	9:45-10:30 Rounds: Boxing BR * Lauren Polovoy	9:45-10:35 Precision Walk: Elevate Anita Singh
9:30-10:15 Anthem Ride CS * Amy Hilton	7:30-8:30 Sculpted Yoga™ (Heated) YS * Jessica Mahler	7:15-8:00 True Barre Megan McCarthy	7:30-8:15 Barefoot Sculpt Jenna Rathe	7:30-8:20 Precision Run® Christie Fabish	10:00-10:45 Best Butt Ever MS * Savannah Fox	10:00-10:45 Stacked MS * Jack Kanterman
12:00-12:45 Core6 MS * Timbo Williams	12:00-12:50 Vinyasa Yoga YS * Camryn Bickham	7:30-8:15 Stronger Timbo Williams	12:00-12:45 Pilates Mat YS * Jes Howard	10:30-11:15 Pilates Mat Anita Singh	10:00-10:50 Precision Run + Strength TR *	10:15-11:00 Rounds: Boxing BR * Dre Howard
12:15-1:05 Vinyasa Yoga YS * Natalie Clark	12:15-1:00 Stronger MS * Kevin St-Fort	12:15-1:00 Pilates Rise Emma Swain	12:15-1:00 Body Sculpt Emmanuella St. Juste	12:00-12:50 360 Strength Kareem Cooper	10:15-11:00 Pilates at the Barre YS * Talya Krumholz	10:45-11:30 True Barre Megan McCarthy
5:15-5:45 Upper Body Pump MS * Lexi Young	5:15-6:00 Core6 MS * Lexi Young	5:15-6:00 Stacked Timbo Williams	5:15-6:00 True Barre Natalie Clark	12:15-1:15 Vinyasa Yoga Ellie Conrad	10:30-11:15 Beats Ride Lexi Young	11:00-11:50 Circuit Training MS * Philip Goo
5:30-6:15 Pilates Mat (Heated) YS * Emmanuella St. Juste	5:30-6:15 True Barre YS * Mary-Carmen Webb	5:30-6:15 Power Vinyasa (Heated)	5:30-6:15 Stronger Jason Vanterpool	4:45-5:15 Quick HIIT Lexi Young	10:45-11:45 Rounds: Bags and Mitts Branden Allen	11:45-12:45 Sculpted Yoga™ (Heated) Christine Ho
5:45-6:30 Rounds: Boxing BR * Khalil Jones	6:00-7:00 Rounds: Boxing Mona Garcia	5:30-6:15 Christine Ho	6:00-6:45 Beats Ride Mark Whitesides	5:15-5:45 Best Abs Ever MS * Lexi Young	11:00-11:30 Quick HIIT Kareem Cooper	3:45-5:00 Weekend Wind Down Yoga Alex Hall
5:45-6:00 Best Abs Ever MS * Lexi Young	6:00-6:50 Precision Run® Timbo Williams	6:00-7:00 Rounds: Boxing BR *	6:15-7:00 Pilates Fusion Will Webb	5:30-6:15 Pilates Fusion Natalie Clark	11:15-12:00 Barefoot Sculpt Talya Krumholz	5:15-6:00 Sound Meditation Junhan Zhang
6:00-6:50 Precision Walk: Elevate TR *	6:00-6:50 Precision Walk: Elevate Javier Martinez	6:15-7:00 Beats Ride Lexi Young	6:30-7:15 Core6 Jason Vanterpool	6:30-7:15 Vinyasa Yoga Sara Hoenes	11:30-12:00 Upper Body Pump Kareem Cooper	
6:15-7:00 Beats Ride CS * Mark Whitesides	6:15-7:00 Stacked MS * Jack Kanterman	6:15-7:00 Beats Ride CS *	7:15-8:15 Yin Yoga + Sound Meditation (Heated) Kimia Nikseresht			
6:15-7:00 MetCon Monday MS * Timbo Williams	6:30-7:15 Barefoot Sculpt (Heated) Mary-Carmen Webb	6:30-7:15 True Barre: Bala Bangle YS * Restorative Yoga				
6:30-7:15 True Barre YS * Stephen Murray	7:15-8:00 Stronger MS * Khalil Jones	7:15-8:00 CJ Hunter				
6:45-7:30 Rounds: Boxing BR *	7:15-8:00 Vinyasa Yoga (Heated) Tara Purnell					
7:15-8:00 Best Butt Ever MS *	7:30-8:30 Vinyasa Yoga (Heated) YS *					
7:30-8:15 Yin Yoga (Heated) YS *						

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

EQUINOX

ANTHEM ROW

800 K Street NW, Suite 90

WASHINGTON DC 20001

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

emmanuela.stjustehill@equinox.co
m

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

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 + 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

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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

Jump Rope Training A fast-paced, high-intensity jump rope workout guaranteed to burn calories. Increase your stamina, agility, and mental acuity, and discover just how challenging a jump rope can be.

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.

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.

◆ 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.

Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

◆ Regeneration

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

◆ 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

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.

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.