

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 YS * Vinyasa Yoga <i>Caren Plummer</i>	6:15-7:00 MS * Stacked <i>Jihad Watt</i>	6:15-7:00 YS * Pilates Mat (Heated) <i>Christie Fabish</i>	6:15-7:00 MS * Athletic Conditioning <i>Emmanuella St. Juste</i>	6:15-7:00 YS * Vinyasa Yoga (Heated) <i>Allison Solley</i>	8:15-9:00 YS * Pilates Mat <i>Emma Swain</i>	8:30-9:15 YS * Pilates Rise <i>Anita Singh</i>
6:30-7:15 MS * Circuit Training <i>Jason Vanterpool</i>	6:30-7:15 YS * Pilates Fusion <i>Jessica Mahler</i>	6:30-7:15 MS * <b>MetCon3</b> <i>Olivia Speno</i>	6:30-7:15 YS * Pilates Rise <i>Francesca Skedros</i>	6:30-7:15 MS * Tabata Max <i>Christie Fabish</i>	8:45-9:30 BR * Rounds: Pro (L3) <i>Kareem Cooper</i>	9:00-9:45 MS * Core6 <i>Olivia Speno</i>
7:00-7:45 CS * Anthem Ride <i>Amy Hilton</i>	7:15-8:05 MS * Ropes and Rowers <i>Jason Vanterpool</i>	7:00-7:45 CS * <b>Beats Ride</b> <i>Team Equinox</i>	7:15-8:05 MS * MetCon3 <i>Brianne Anderson</i>	7:00-7:45 CS * Beats Ride <i>Eliazar Chacha</i>	9:00-9:50 CL * <b>Athletic Conditioning (Outdoor)</b> <i>Emmanuella St. Juste</i>	9:30-10:15 CS * <b>Beats Ride</b> <i>Mark Whitesides</i>
7:15-8:00 YS * Pilates at the Barre <i>Jenna Rathe</i>	7:15-8:05 TR * Precision Run@ <i>Jihad Watt</i>	7:15-8:05 TR * Precision Run@ <i>Christie Fabish</i>	7:15-8:05 TR * Precision Walk: Elevate <i>Javier Martinez</i>	7:15-8:00 BR * Rounds: Boxing <i>Lauren Polovoy</i>	9:15-10:00 YS * <b>Barefoot Sculpt</b> <i>Talya Krumholz</i>	9:30-10:30 YS * Vinyasa Yoga (Heated) <i>Saumya Mangalick</i>
7:30-8:15 MS * Stronger <i>Jason Vanterpool</i>	7:30-8:15 BR * Rounds: Pro (L3) <i>Branden Allen</i>	7:15-8:00 YS * True Barre <i>Megan McCarthy</i>	7:30-8:15 BR * Rounds: Pro (L3) <i>Lauren Sylvester</i>	7:30-8:20 CL * Precision Run Club (Outdoor) <i>Christie Fabish</i>	9:45-10:30 BR * Rounds: Boxing <i>Lauren Polovoy</i>	9:45-10:35 TR * Precision Walk: Elevate <i>Anita Singh</i>
12:00-12:45 BR * Rounds: Boxing <i>Mona Garcia</i>	7:30-8:30 YS * Sculpted Yoga™ (Heated) <i>Jessica Mahler</i>	7:30-8:15 MS * <b>Stronger</b> <i>Lexi Young</i>	7:30-8:15 YS * Barefoot Sculpt <i>Jenna Rathe</i>	7:30-8:15 MS * <b>Body Sculpt</b> <i>Adair Pounds</i>	10:00-10:45 MS * Best Butt Ever <i>Savannah Fox</i>	10:00-10:45 MS * Stacked <i>Jack Kanterman</i>
12:15-1:05 YS * Vinyasa Yoga <i>Natalie Clark</i>	12:00-12:50 YS * Vinyasa Yoga <i>Camryn Bickham</i>	12:00-12:45 MS * <b>Leg Day</b> <i>Brianne Anderson</i>	12:00-12:45 YS * Pilates Mat <i>Jes Howard</i>	10:30-11:15 YS * Pilates Mat <i>Anita Singh</i>	10:00-10:50 TR * Precision Run + Strength <i>Bri Gillis</i>	10:15-11:00 BR * Rounds: Boxing <i>Dre Howard</i>
5:15-5:45 MS * Upper Body Pump <i>Lexi Young</i>	12:15-1:00 MS * Stronger <i>Kevin St-Fort</i>	12:15-1:00 YS * Pilates Rise <i>Emma Swain</i>	12:15-1:00 MS * Body Sculpt <i>Emmanuella St. Juste</i>	12:00-12:50 MS * 360 Strength <i>Kareem Cooper</i>	10:15-11:00 YS * <b>Pilates at the Barre</b> <i>Talya Krumholz</i>	10:45-11:30 YS * True Barre <i>Megan McCarthy</i>
5:30-6:15 YS * Pilates Mat (Heated) <i>Emmanuella St. Juste</i>	5:15-6:00 MS * Core6 <i>Lexi Young</i>	5:15-6:00 MS * <b>Stacked</b> <i>Jihad Watt</i>	5:15-6:00 YS * True Barre <i>Natalie Clark</i>	12:15-1:15 YS * <b>Sculpted Yoga™</b> <i>Chelsea Estevez</i>	10:30-11:15 CS * Beats Ride <i>Lexi Young</i>	11:45-12:45 YS * Sculpted Yoga™ (Heated) <i>Christine Ho</i>
5:45-6:30 BR * Rounds: Boxing <i>Khalil Jones</i>	5:30-6:15 YS * True Barre <i>Mary-Carmen Webb</i>	5:30-6:15 YS * Power Vinyasa (Heated) <i>Christine Ho</i>	5:30-6:15 MS * Stronger <i>Jason Vanterpool</i>	4:45-5:15 MS * Quick HIIT <i>Lexi Young</i>	10:45-11:45 BR * Rounds: Bags and Mitts <i>Branden Allen</i>	12:00-12:45 MS * <b>Leg Day</b> <i>Team Equinox</i>
5:45-6:00 MS * Best Abs Ever <i>Lexi Young</i>	6:00-7:00 BR * Rounds: Boxing <i>Mona Garcia</i>	6:00-7:00 BR * Rounds: Boxing <i>Kareem Cooper</i>	6:00-6:45 CS * Beats Ride <i>Mark Whitesides</i>	5:15-5:45 MS * Best Abs Ever <i>Lexi Young</i>	11:00-11:30 MS * Quick HIIT <i>Kareem Cooper</i>	
6:00-6:50 TR * Precision Walk: Elevate <i>Javier Martinez</i>	6:00-6:50 TR * <b>Precision Run + Strength</b> <i>Javier Martinez</i>	6:15-7:05 CL * Athletic Conditioning (Outdoor) <i>Jihad Watt</i>	6:15-7:00 MS * Pilates Fusion <i>Natalie Clark</i>	5:30-6:15 YS * Pilates Fusion <i>Sara Hoenes</i>		
6:15-7:00 CS * Beats Ride <i>Mark Whitesides</i>	6:15-7:00 CS * Beats Ride <i>Lexi Young</i>	6:15-7:00 CS * Beats Ride <i>Eliazar Chacha</i>	6:30-7:15 MS * Core6 <i>Jason Vanterpool</i>	6:30-7:15 YS * Vinyasa Yoga <i>Sara Hoenes</i>	11:15-12:15 YS * Vinyasa Yoga <i>Natalie Clark</i>	3:45-5:00 YS * Weekend Wind Down Yoga <i>Alex Hall</i>
6:30-7:15 YS * True Barre <i>Stephen Murray</i>	6:15-7:00 MS * <b>Leg Day</b> <i>Jason Vanterpool</i>	6:30-7:15 YS * Pilates Rise <i>Francesca Skedros</i>	7:15-8:15 YS * Yin Yoga + Sound Meditation (Heated) <i>Kimia Nikseresht</i>		11:30-12:00 MS * Upper Body Pump <i>Kareem Cooper</i>	5:15-6:00 YS * <b>Sound Meditation</b> <i>Kimia Nikseresht</i>
6:45-7:30 BR * Rounds: Boxing <i>Khalil Jones</i>	6:30-7:15 YS * Barefoot Sculpt (Heated) <i>Mary-Carmen Webb</i>	7:30-8:30 YS * Restorative Yoga <i>CJ Hunter</i>			12:30-1:15 MS * Cardio Dance <i>Gabriel Sanchez</i>	
7:15-8:00 MS * Best Butt Ever <i>Mary-Carmen Webb</i>	7:15-8:00 MS * Stronger <i>Jason Vanterpool</i>					
7:30-8:15 YS * Yin Yoga (Heated) <i>Laurnie Wilson</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Tara Purnell</i>					

# 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

emmanuella.stjustehill@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**BR** Boxing Studio

**CL** Club Lobby

## 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 Club** Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. An Equinox exclusive.

**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, 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.

**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.

## 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.

## 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: 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.

**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.

**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.