EQUINOX

ANTHEM ROW

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:15-7:00 YS *	Vinyasa Yoga *Caren Plummer*
6:30-7:15 MS *	Circuit Training *Jason Vanterpool*
6:45-7:30 BR *	**Rounds: Boxing** ***Will Webb***
7:00-7:45 CS *	Anthem Ride *Amy Hilton*
7:15-8:00 YS *	True Barre *Jenna Rathe*
7:30-8:15 MS *	Stronger *Jason Vanterpool*
12:00-12:45 BR *	Rounds: Boxing *Mona Garcia*
12:15-1:05 YS *	Vinyasa Yoga *Natalie Clark*
4:30-5:15 YS *	**Barefoot Sculpt** ***Megan McCarthy***
5:15-6:00 MS *	**Athletic Conditioning** ***Lexi Young***
5:30-6:15 YS *	Pilates Mat (Heated) *Emmanuella St. Juste*
5:45-6:30 BR *	Rounds: Boxing *Khalil Jones*
6:00-6:50 TR *	Precision Walk: Elevate *Javier Martinez*
6:15-7:00 CS *	Beats Ride *Lexi Young*
6:15-7:00 MS *	MetCon Monday *Mary-Carmen Webb*
6:30-7:15 YS *	True Barre *Stephen Murray*
6:45-7:30 BR *	Rounds: Boxing *Khalil Jones*
7:15-8:00 MS *	Best Butt Ever *Mary-Carmen Webb*
7:30-8:15 YS *	Yin Yoga (Heated) *Laurnie Wilson*

TUESDAY

6:15-7:00 MS *	Stacked *Jihad Watt*
6:30-7:15 YS *	Pilates Fusion *Jessica Mahler*
7:15-8:05 MS *	Ropes and Rowers *Jason Vanterpool*
7:15-8:05 TR *	Precision Run® *Jihad Watt*
7:30-8:15 BR *	Rounds: Pro (L3) *Branden Allen*
7:30-8:30 YS *	Sculpted Yoga™ (Heated) *Jessica Mahler*
12:00-12:50 YS *	Power Vinyasa *Saumya Mangalick*
12:15-1:00 MS *	Stronger *Kevin St-Fort*
5:15-6:00 MS *	**Stacked** ***Team Equinox***
5:30-6:15 YS *	True Barre *Mary-Carmen Webb*
6:00-7:00 BR *	Rounds: Boxing *Mona Garcia*
6:00-6:50 TR *	Precision Run® *Kevin St-Fort*
6:15-7:00 CS *	Beats Ride *Mark Whitesides*
6:15-7:00 MS *	**Athletic Conditioning** ***Jihad Watt***
6:30-7:15 YS *	Barefoot Sculpt: The Ring (Heated) *Mary-Carmen Webb*
7:15-8:00 MS *	Stronger *Kevin St-Fort*
7:30-8:30 YS *	Vinyasa Yoga (Heated) *Tara Purnell*

WEDNESDAY

6:15-7:00 YS *	Pilates Mat (Heated) *Christie Fabish*
6:30-7:15 MS *	MetCon3 *Olivia Speno*
6:45-7:30 BR *	**Rounds: Boxing** ***Team Equinox***
7:00-7:45 CS *	Beats Ride *Nic Pileri*
7:15-8:05 TR *	Precision Run® *Christie Fabish*
7:15-8:00 YS *	True Barre *Sarah Nesbit*
7:30-8:15 MS *	**Stacked** ***Justin Pham***
12:00-12:45 MS *	**Stacked** ***Brianne Anderson***
12:15-1:00 YS *	Pilates Rise *Emma Swain*
4:30-5:15 YS *	**Pilates Fusion** ***Emma Silverman***
5:15-6:00 MS *	360 Strength *Jihad Watt*
5:30-6:15 YS *	Power Vinyasa (Heated) *Christine Ho*
6:00-7:00 BR *	Rounds: Boxing *Lauren Sylvester*
6:15-7:00 CS *	Beats Ride *Eliazar Chacha*
6:15-7:05 MS *	Switch Up: Run + Strength *Kevin St-Fort Jihad Watt*
6:30-7:15 YS *	Pilates at the Barre *Megan McCarthy*
7:30-8:30 YS *	**Yin Yoga + Sound Meditation** ***CJ Hunter***

THURSDAY

6:15-7:00 MS *	**Stronger** ***Savannah Fox***
6:30-7:15 YS *	Pilates Rise *Francesca Skedros*
7:15-8:00 MS *	Leg Day *Brianne Anderson*
7:15-8:05 TR *	Precision Walk: Elevate + Strength *Javier Martinez*
7:30-8:15 BR *	Rounds: Pro (L3) *Lauren Sylvester*
7:30-8:20 YS *	**Vinyasa Yoga (Heated)** ***Allison Solley***
12:00-12:45 YS *	Pilates Mat *Jes Howard*
12:15-1:00 MS *	**Best Butt Ever** ***Kevin St-Fort***
5:15-6:00 YS *	**True Barre: Bala Bangle** ***Trinika J***
5:30-6:15 MS *	Stronger *Jason Vanterpool*
6:00-6:45 CS *	Beats Ride *Mark Whitesides*
6:15-7:00 YS *	Pilates Fusion *Natalie Clark*
6:30-7:20 MS *	**Ropes and Rowers** ***Jason Vanterpool***
7:15-8:15 YS *	**Restorative Yoga (Heated)** ***Laurnie Wilson***

FRIDAY

6:15-7:00 YS *	**Barefoot Sculpt** ***Jenna Rathe***
6:30-7:15 MS *	**Best Butt Ever** ***Jack Kanterman***
7:00-7:45 CS *	Beats Ride *Eliazar Chacha*
7:15-8:00 BR *	Rounds: Boxing *Lauren Polovoy*
7:15-8:00 YS *	**Pilates at the Barre** ***Megan McCarthy***
7:30-8:15 MS *	Body Sculpt *Cameron Beach*
10:30-11:15 YS *	Pilates Mat *Anita Singh*
12:00-12:45 MS *	**Best Stretch Ever** ***Jes Howard***
12:15-1:15 YS *	Sculpted Yoga™ *Chelsea Estevez*
5:00-5:45 MS *	Stacked *Justin Pham*
5:30-6:15 YS *	Pilates Fusion *Jessica Mahler*
6:30-7:15 YS *	Vinyasa Yoga *Jessica Mahler*

SATURDAY

8:15-9:00 YS *	Pilates Mat *Emma Swain*
8:30-9:30 BR *	Rounds: Pro (L3) *Kareem Cooper*
9:00-9:50 MS *	Whipped! *Kevin St-Fort*
9:15-10:00 YS *	Barefoot Sculpt *Talya Krumholz*
9:45-10:30 BR *	Rounds: Boxing *Lauren Polovoy*
10:00-10:45 MS *	**Stronger** ***Savannah Fox***
10:15-11:00 YS *	Pilates at the Barre *Talya Krumholz*
10:30-11:15 CS *	Beats Ride *Lexi Young*
10:30-11:20 TR *	**Precision Run®** ***Kevin St-Fort***
10:45-11:45 BR *	Rounds: Bags and Mitts *Branden Allen*
11:00-11:30 MS *	Quick HIIT *Bri Gillis*
11:15-12:15 YS *	Vinyasa Yoga *Natalie Clark*
11:30-12:00 MS *	Upper Body Pump *Bri Gillis*
12:30-1:15 YS *	Best Stretch Ever *Emma Swain*
4:00-4:45 MS *	**Best Stretch Ever** ***Saumya Mangalick***
5:00-6:00 YS *	**Yin Yoga + Sound Meditation** ***Saumya Mangalick***

SUNDAY

8:30-9:15 YS *	**Pilates Fusion** ***Amy Hilton***
9:00-9:45 MS *	Best Butt Ever *Olivia Speno*
9:30-10:30 YS *	Power Vinyasa (Heated) *Saumya Mangalick*
9:45-10:35 TR *	**Precision Walk: Elevate** ***Javier Martinez***
10:00-10:45 MS *	Stacked *Jack Kanterman*
10:15-11:15 BR *	Rounds: Boxing *Will Webb*
10:30-11:15 CS *	**Beats Ride** ***Maggie Goodhall***
10:45-11:30 YS *	True Barre *Megan McCarthy*
11:00-11:45 MS *	**MetCon3** ***Eva Bard***
11:45-12:45 YS *	Sculpted Yoga™ (Heated) *Christine Ho*
3:45-5:00 YS *	Weekend Wind Down Yoga *Alex Hall*
5:15-6:00 YS *	Sonic Meditation *Alex Hall*

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 07:00 AM 07:00 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

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.

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.

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.

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.
Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

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 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.

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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.
Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

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.
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.
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.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.