EQUINOX **WISCONSIN AVE**

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

6:30-7:15 MS *	Leg Day *Kareem Cooper*
6:30-7:15 YS *	Pilates Rise *Anita Singh*
7:30-8:20 TR *	Precision Walk: Elevate *Anita Singh*
8:30-9:15 YS *	Pilates Mat *Jes Howard*
8:45-9:30 MS *	Stronger *Kareem Cooper*
9:30-10:15 YS *	Best Stretch Ever *Jes Howard*
9:45-10:30 MS *	Body Sculpt *Adair Pounds*
12:00-12:45 MS *	Stronger *Brianne Anderson*
12:15-1:15 YS *	Slow Flow Yoga *Alex Hall*
4:45-5:30 YS *	True Barre: Bala Bangle *Emma Swain*
5:30-6:15 MS *	Stacked *Jill Washecka*
5:45-6:30 YS *	Barefoot Sculpt: The Ring *Emma Swain*
6:00-6:30 TR *	Precision Run 30 *Jaime Ludwick*
6:30-7:15 MS *	**TRX Max Circuit** ***Jill Washecka***
6:45-7:45 YS *	Slow Flow Yoga *Ameer Gilani*

TUESDAY

6:15-7:00 MS *	Stacked *Kareem Cooper*
6:30-7:30 YS *	Vinyasa Yoga (Heated) *Caren Plummer*
7:00-7:50 TR *	Precision Run® *Jaime Ludwick*
8:00-8:45 YS *	Pilates Fusion *Alissa Wilmina*
8:30-9:20 MS *	Cardio Dance *Robin Goelman*
9:30-10:15 YS *	Barefoot Sculpt *Stephen Murray*
9:45-10:15 MS *	**Leg Day 30** ***Brianne Anderson***
10:15-10:45 MS *	**Upper Body Pump** ***Brianne Anderson***
12:00-12:45 YS *	**True Barre: Bala Bangle** ***Emma Swain***
12:15-1:00 MS *	Stacked *Jihad Watt*
4:30-5:30 YS *	Vinyasa Yoga *Mimi Rieger*
5:30-6:15 MS *	Rounds: Boxing *Khalil Jones*
5:45-6:30 YS *	Pilates Fusion *Eric Mayer*
6:15-7:00 CS *	**Beats Ride** ***Megan Rustum***
6:30-7:20 MS *	**Stronger** ***Jason Vanterpool***
6:45-7:45 YS *	Vinyasa Yoga (Heated) *Carl Aull*

WEDNESDAY

6:15-7:00 CS *	Beats Ride *Amy Hilton*
6:30-7:15 MS *	Core6 *Jaime Ludwick*
6:30-7:15 YS *	True Barre: Bala Bangle *Emma Swain*
8:30-9:15 TR *	Precision Walk: Elevate + Strength *Jill Washecka*
8:30-9:30 YS *	Vinyasa Yoga (Heated) *Amberlie Price*
9:30-10:15 MS *	Stronger Women *Jill Washecka*
9:45-10:30 YS *	Pilates Mat *Anita Singh*
10:30-11:15 MS *	Best Stretch Ever *Jes Howard*
12:00-12:45 MS *	Body Sculpt *Adair Pounds*
12:15-1:00 YS *	Vinyasa Yoga *Tara Purnell*
4:30-5:15 MS *	Cardio Dance *Robin Goelman*
4:45-5:30 YS *	Pilates Mat *Carl Aull*
5:30-6:15 MS *	Core6 *Anita Singh*
5:45-6:35 TR *	Precision Run® *Javier Martinez*
5:45-6:30 YS *	True Barre *Sarah Nesbit*
6:30-7:15 MS *	Rounds: Boxing *Branden Allen*
6:45-7:45 YS *	Vinyasa Yoga (Heated) *Mimi Rieger*

THURSDAY

6:30-7:30 YS *	Vinyasa Yoga (Heated) *Ameer Gilani*
7:00-7:45 TR *	Precision Walk: Elevate + Strength *Brit Jones*
8:00-8:45 YS *	Pilates Mat (Heated) *Jessica Mahler*
8:30-9:15 MS *	Stronger *Mary-Carmen Webb*
9:30-10:15 MS *	Best Butt Ever *Mary-Carmen Webb*
12:00-12:45 YS *	Pilates at the Barre *Veronika Batyan*
12:15-1:00 MS *	TRX Max Circuit *Jill Washecka*
4:30-5:30 YS *	Sculpted Yoga™ (Heated) *Chelsea Estevez*
5:30-6:15 MS *	Stronger *Justin Pham*
5:45-6:30 YS *	Pilates Rise *Mike Gray*
6:15-7:00 CS *	Beats Ride *Amy Hilton*
6:30-7:15 MS *	Cardio Dance *Mario Cervantes*
6:45-7:30 YS *	Sonic Meditation *Hannah Cherry*

FRIDAY

6:30-7:20 MS *	Stronger *Jason Vanterpool*
6:45-7:30 CS *	**Beats Ride** ***Anita Singh***
7:00-8:00 YS *	Power Vinyasa (Heated) *Saumya Mangalick*
8:30-9:15 MS *	Stacked *Emmanuella St. Juste*
8:45-9:30 YS *	Pilates Rise *Stephen Murray*
9:30-10:15 MS *	**Body Sculpt** ***Emmanuella St. Juste***
10:30-11:15 MS *	**Cardio Dance** ***Saumya Mangalick***
12:00-1:00 YS *	Vinyasa Yoga *Alissa Wilmina*
12:15-1:00 MS *	Leg Day *Mary-Carmen Webb*
4:30-5:15 YS *	Pilates Fusion *Mike Gray*
5:30-6:30 YS *	Restorative Yoga *Tara Purnell*

SATURDAY

8:30-9:30 YS *	Vinyasa Yoga *Jen Lee*
8:45-9:35 TR *	Precision Walk: Elevate *Javier Martinez*
9:00-9:45 MS *	Ropes and Rowers *Jill Washecka*
9:30-10:15 CS *	Beats Ride *Maggie Goodhall*
9:45-10:35 TR *	Precision Run® *Javier Martinez*
10:00-10:45 YS *	Pilates Fusion (Heated) *Emma Swain*
10:15-11:00 MS *	Stronger *Jill Washecka*
11:00-11:45 YS *	True Barre *Emma Swain*
11:15-12:00 MS *	Leg Day *Jason Vanterpool*
12:00-1:00 YS *	Vinyasa Yoga (Heated) *Mimi Rieger*
12:15-1:00 MS *	Best Stretch Ever *Team Equinox*
1:45-2:45 YS *	Slow Flow Yoga *Alex Hall*
3:00-3:45 YS *	Sonic Meditation *Alex Hall*

SUNDAY

8:45-9:30 MS *	Stronger Women *Team Equinox*
9:00-9:50 TR *	Precision Run + Strength *Brit Jones*
9:15-10:15 YS *	Vinyasa Yoga (Heated) *Caren Plummer*
10:00-10:45 MS *	Stacked *Brit Jones*
10:30-11:15 YS *	True Barre *Sarah Nesbit*
10:45-11:30 CS *	Beats Ride *Amy Hilton*
11:00-11:45 MS *	Cardio Dance *Mario Cervantes*
11:30-12:15 YS *	Pilates Mat *Emma Silverman*
12:15-1:00 MS *	**Rounds: Boxing** ***Will Webb***
12:30-1:15 YS *	Barefoot Sculpt: The Ring *Megan McCarthy*
4:00-5:00 YS *	Weekend Wind Down Yoga *Rachelle Demosthene*

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

EQUINOX

WISCONSIN AVE

16 Ridge Square NW

WASHINGTON DC 20016

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 07:00 PM

Kids

MON-FRI 08:00 AM 01:00 PM

SAT-SUN 08:00 AM 03:00 PM

GROUP FITNESS MANAGER

jill.washecka@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.
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.

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

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.
Leg Day 30 Thirty minutes of 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.
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. 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 + 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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. 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 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.

HIIT

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.
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.
TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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: 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.

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.