

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * <b>Leg Day</b> <b>Kareem Cooper</b>	6:15-7:00 MS * Stacked <b>Kareem Cooper</b>	6:15-7:00 CS * Beats Ride <b>Amy Hilton</b>	6:15-7:00 MS * MetCon3 <b>Maggie Olvera</b>	6:30-7:20 MS * Stronger <b>Jason Vanterpool</b>	8:30-9:30 YS * Vinyasa Yoga <b>Sara Hoenes</b>	8:45-9:30 MS * Athletic Conditioning <b>Burns Foster</b>
6:30-7:15 YS * Pilates Rise <b>Anita Singh</b>	6:30-7:30 YS * Vinyasa Yoga (Heated) <b>Caren Plummer</b>	6:30-7:15 MS * Whipped! <b>Adair Pounds</b>	6:30-7:30 YS * Vinyasa Yoga (Heated) <b>Ameer Gilani</b>	7:15-8:15 YS * Vinyasa Yoga (Heated) <b>Scout Holden</b>	8:45-9:35 TR * Precision Walk: Elevate <b>Javier Martinez</b>	9:00-9:50 Precision Run + Strength <b>Brit Jones</b>
7:30-8:20 TR * Precision Walk: Elevate <b>Anita Singh</b>	7:00-7:50 TR * Precision Run@ <b>Jaime Ludwick</b>	6:30-7:15 YS * Pilates at the Barre <b>Emma Swain</b>	7:00-7:50 TR * Precision Run@ <b>Brit Jones</b>	7:30-8:15 CS * Beats Ride <b>Anita Singh</b>	9:00-9:45 MS * Ropes and Rowers <b>Jill Washecka</b>	TR * Vinyasa Yoga <b>Caren Plummer</b>
8:30-9:15 YS * Pilates Mat <b>Jes Howard</b>	8:00-8:45 YS * Pilates Fusion <b>Alissa Wilmina</b>	8:15-9:00 CL * Hydro Sculpt (Outdoor) <b>Jill Washecka</b>	8:00-8:45 YS * Pilates Mat (Heated) <b>Emmanuella St. Juste</b>	8:30-9:15 MS * Stacked <b>Emmanuella St. Juste</b>	9:45-10:35 TR * Precision Run@ <b>Javier Martinez</b>	9:15-10:15 YS * Vinyasa Yoga <b>Caren Plummer</b>
8:45-9:30 MS * Stronger <b>Kareem Cooper</b>	8:30-9:20 MS * Cardio Dance <b>Robin Goelman</b>	8:30-9:30 YS * Vinyasa Yoga (Heated) <b>Amberlie Price</b>	8:30-9:15 MS * Stronger <b>Mary-Carmen Webb</b>	8:45-9:30 YS * Pilates Rise <b>Stephen Murray</b>	10:00-10:45 MS * Stronger <b>Jill Washecka</b>	10:00-10:45 MS * Stacked <b>Brit Jones</b>
9:30-10:15 YS * Best Stretch Ever <b>Jes Howard</b>	9:30-10:15 YS * Barefoot Sculpt <b>Stephen Murray</b>	9:30-10:15 MS * Stronger Women <b>Jill Washecka</b>	9:30-10:15 MS * Best Butt Ever <b>Mary-Carmen Webb</b>	9:45-10:30 MS * Body Sculpt <b>Emmanuella St. Juste</b>	10:00-10:45 YS * Pilates Fusion (Heated) <b>Sara Hoenes</b>	10:00-10:45 MS * True Barre <b>Trinika J</b>
9:45-10:30 MS * Body Sculpt <b>Adair Pounds</b>	9:45-10:30 MS * <b>Leg Day</b> <b>Jason Vanterpool</b>	9:45-10:30 YS * Pilates Mat <b>Anita Singh</b>	12:00-12:45 YS * Pilates at the Barre <b>Veronika Batyan</b>	12:00-1:00 YS * Vinyasa Yoga <b>Alissa Wilmina</b>	10:30-11:15 CS * <b>Beats Ride</b> <b>Jessica Lang</b>	10:45-11:30 CS * Beats Ride <b>Amy Hilton</b>
10:00-10:45 CL * <b>Hydro Athlete (Outdoor)</b> <b>Joyce Melamed-Berger</b>	12:00-12:45 YS * Pilates Mat <b>Emma Swain</b>	10:30-11:15 MS * Best Stretch Ever <b>Jes Howard</b>	12:15-1:00 MS * TRX Max Circuit <b>Jill Washecka</b>	12:15-1:00 MS * <b>Leg Day</b> <b>Mary-Carmen Webb</b>	11:00-11:45 YS * True Barre <b>Emma Swain</b>	11:00-11:45 MS * Cardio Dance <b>Gabriel Sanchez</b>
12:00-12:45 MS * Stronger <b>Brianne Anderson</b>	12:15-1:00 MS * Stacked <b>Jihad Watt</b>	12:00-12:45 MS * Body Sculpt <b>Adair Pounds</b>	4:30-5:15 YS * Power Vinyasa (Heated) <b>Alissa Wilmina</b>	4:30-5:15 YS * Pilates Rise <b>Jes Howard</b>	11:00-11:45 YS * Rounds: Boxing <b>Sharon Kim</b>	11:30-12:15 YS * Pilates Mat <b>Cristina Baker</b>
12:15-1:15 YS * Slow Flow Yoga <b>Alex Hall</b>	4:30-5:30 YS * <b>Vinyasa Yoga</b> <b>Jen Lee</b>	12:15-1:15 YS * Vinyasa Yoga <b>Maria Barone</b>	5:30-6:15 MS * 360 Strength <b>Jihad Watt</b>	5:30-6:30 YS * Restorative Yoga <b>Jes Howard</b>	12:00-12:45 MS * Best Stretch Ever <b>Michelle Jamieson</b>	12:30-1:15 YS * <b>Barefoot Sculpt</b> <b>Megan McCarthy</b>
4:30-5:15 YS * True Barre: Bala Bangle <b>Emma Swain</b>	5:30-6:15 MS * Rounds: Bags and Mitts <b>Branden Allen</b>	4:30-5:15 YS * Pilates Mat <b>Manifestany Sisk</b>	5:45-6:30 YS * Pilates Rise <b>Stephen Murray</b>	6:15-7:00 CS * Beats Ride <b>Amy Hilton</b>	12:15-1:15 YS * Vinyasa Yoga (Heated) <b>Mimi Rieger</b>	4:00-5:00 YS * <b>Weekend Wind Down Yoga</b> <b>Farley Price</b>
5:30-6:15 MS * Stacked <b>Jill Washecka</b>	5:45-6:30 YS * Pilates Fusion <b>Sara Hoenes</b>	5:30-6:15 MS * Core6 <b>Anita Singh</b>	6:15-7:00 CS * Beats Ride <b>Amy Hilton</b>	6:30-7:15 MS * Cardio Dance <b>Mario Cervantes</b>	1:45-2:45 YS * Slow Flow Yoga <b>Alex Hall</b>	
5:30-6:15 YS * Barefoot Sculpt <b>Emma Swain</b>	6:15-7:00 CS * Beats Ride <b>Janelle Tibayan</b>	5:30-6:15 YS * True Barre <b>Mike Gray</b>	6:30-7:15 MS * Cardio Dance <b>Mario Cervantes</b>	6:45-7:45 YS * <b>Gentle Yoga</b> <b>Hannah Cherry</b>	3:00-3:45 YS * Sonic Meditation <b>Alex Hall</b>	
6:00-6:30 TR * Precision Run 30 <b>Jaime Ludwick</b>	6:30-7:20 MS * Stronger <b>Maggie Olvera</b>	5:45-6:35 TR * Precision Run@ <b>Javier Martinez</b>	6:45-7:45 YS * <b>Gentle Yoga</b> <b>Hannah Cherry</b>			
6:30-7:15 MS * TRX Max Circuit <b>Jill Washecka</b>	6:45-7:45 YS * Vinyasa Yoga (Heated) <b>Sara Hoenes</b>	6:30-7:15 MS * Rounds: Boxing <b>Khalil Jones</b>				
6:30-7:30 YS * Slow Flow Yoga <b>Rachel Laser</b>	7:30-8:15 MS * Cardio Dance <b>Saurnya Mangalick</b>	6:30-7:30 YS * Vinyasa Yoga (Heated) <b>Mimi Rieger</b>				

# EQUINOX

## WISCONSIN AVE

16 Ridge Square NW

WASHINGTON DC 20016

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

### 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

**CL** Club Lobby

### 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.



### 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.



### 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.

**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.

**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.



### 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.

**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.

**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.

**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.

**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.



### 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 Athlete** An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

**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.

**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.



### 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 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.

**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.