

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * 360 Strength <i>Kareem Cooper</i>	6:15-7:00 MS * Stacked <i>Kareem Cooper</i>	6:15-7:00 CS * Beats Ride <i>Amy Hilton</i>	6:15-7:00 MS * Rounds: Bags and Mitts <i>Branden Allen</i>	6:15-7:00 YS * Pilates at the Barre <i>Megan McCarthy</i>	8:30-9:30 YS * Vinyasa Yoga <i>Sara Hoenes</i>	9:00-9:50 TR * Precision Run + Strength <i>Brit Jones</i>
6:30-7:15 YS * Pilates Rise <i>Anita Singh</i>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Caren Plummer</i>	6:30-7:15 MS * Ropes and Rowers <i>Jason Vanterpool</i>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Ameer Gilani</i>	6:30-7:20 MS * Stronger <i>Maggie Olvera</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Javier Martinez</i>	9:15-10:15 YS * Vinyasa Yoga (Heated) <i>Caren Plummer</i>
7:30-8:15 TR * Precision Walk: Elevate <i>Anita Singh</i>	7:00-7:45 TR * Precision Run® <i>Jaime Ludwick</i>	6:30-7:15 YS * Pilates Fusion <i>Emma Swain</i>	7:00-7:45 TR * Precision Run® <i>Claire Kostelnik</i>	7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Kate Symes</i>	9:00-9:45 MS * Ropes and Rowers <i>Jill Washecka</i>	10:00-10:45 MS * Stacked <i>Brit Jones</i>
8:30-9:15 YS * Pilates Mat <i>Jes Howard</i>	8:00-8:45 YS * Pilates Fusion <i>Alissa Wilmina Diaz</i>	8:30-9:30 YS * Vinyasa Yoga (Heated) <i>Amberlie Price</i>	8:00-8:45 YS * Pilates Mat (Heated) <i>Emmanuella St. Juste</i>	7:30-8:15 CS * Beats Ride <i>Timbo Williams</i>	10:00-10:45 MS * Stronger <i>Jill Washecka</i>	10:30-11:15 YS * True Barre <i>Trinika J</i>
8:45-9:30 MS * Stronger <i>Kareem Cooper</i>	8:30-9:20 MS * Cardio Dance <i>Robin Goelman</i>	9:30-10:15 MS * Limited Series: Stronger Women <i>Jill Washecka</i>	8:30-9:15 MS * Stronger <i>Mary-Carmen Webb</i>	8:30-9:15 MS * Stacked <i>Timbo Williams</i>	10:00-10:45 YS * Pilates Fusion (Heated) <i>Sara Hoenes</i>	10:45-11:30 CS * Beats Ride <i>Amy Hilton</i>
9:30-10:15 YS * Best Stretch Ever <i>Jes Howard</i>	9:30-10:15 YS * Barefoot Sculpt <i>Stephen Murray</i>	9:45-10:30 YS * Pilates Mat (Heated) <i>Anita Singh</i>	9:30-10:15 MS * Best Butt Ever <i>Timbo Williams</i>	8:45-9:30 YS * Pilates Rise <i>Stephen Murray</i>	10:30-11:15 CS * Beats Ride <i>Remi Shea</i>	11:00-11:45 MS * Cardio Dance <i>Erick Ruiz</i>
9:45-10:30 MS * MetCon Monday <i>Kevin St-Fort</i>	12:00-12:45 YS * Pilates Mat <i>Kaila Overton</i>	10:30-11:15 MS * Best Stretch Ever <i>Jes Howard</i>	12:00-12:45 YS * Pilates at the Barre <i>Veronika Batyan</i>	9:45-10:30 MS * Body Sculpt <i>Emmanuella St. Juste</i>	11:00-11:45 MS * Rounds: Boxing <i>Sharon Kim</i>	11:30-12:15 YS * Pilates Mat <i>Mike Gray</i>
12:00-12:45 MS * Stronger <i>Brianne Anderson</i>	12:15-1:00 MS * Stacked <i>Jihad Watt</i>	12:00-12:45 MS * Body Sculpt <i>Adair Pounds</i>	12:15-1:00 MS * MetCon3 <i>Jill Washecka</i>	10:30-11:15 YS * Best Stretch Ever <i>Jes Howard</i>	11:00-11:45 YS * True Barre <i>Emma Swain</i>	12:30-1:15 YS * Barefoot Sculpt <i>Mike Gray</i>
12:15-1:15 YS * Slow Flow Yoga <i>Alex Hall</i>	4:30-5:15 TR * Precision Walk: Elevate <i>Anita Singh</i>	12:15-1:15 YS * Vinyasa Yoga <i>Maria Barone</i>	4:30-5:15 YS * Power Vinyasa <i>Caren Plummer</i>	12:00-1:00 YS * Vinyasa Yoga <i>Alissa Wilmina Diaz</i>	12:00-12:45 MS * Best Stretch Ever <i>Michelle Jamieson</i>	4:00-5:15 YS * Weekend Wind Down Yoga <i>Farley Price</i>
4:30-5:15 YS * True Barre: Bala Bangle <i>Emma Swain</i>	4:30-5:30 YS * Vinyasa Yoga <i>Alex Garza</i>	4:30-5:15 YS * Pilates Mat <i>Manifestany Sisk</i>	5:30-6:15 MS * 360 Strength <i>Jihad Watt</i>	12:15-1:00 MS * Stronger <i>Mary-Carmen Webb</i>	12:15-1:15 YS * Vinyasa Yoga (Heated) <i>Mimi Rieger</i>	
5:30-6:15 MS * Stacked <i>Jill Washecka</i>	5:30-6:15 MS * Rounds: Bags and Mitts <i>Amish Darr</i>	5:30-6:15 MS * Core6 <i>Emmanuella St. Juste</i>	5:45-6:30 YS * Pilates Rise <i>Stephen Murray</i>	4:30-5:15 YS * Pilates Rise <i>Jes Howard</i>	1:00-1:45 MS * Core6 <i>Jaime Ludwick</i>	
5:30-6:15 YS * Barefoot Sculpt <i>Emma Swain</i>	5:45-6:30 YS * Pilates Fusion <i>Sara Hoenes</i>	5:30-6:15 YS * True Barre <i>Cristina Gallotto</i>	6:15-7:00 CS * Beats Ride <i>Amy Hilton</i>	5:30-6:30 YS * Restorative Yoga <i>Jes Howard</i>	1:45-2:45 YS * Slow Flow Yoga <i>Alex Hall</i>	
6:30-7:15 MS * TRX Max Circuit <i>Jill Washecka</i>	6:15-7:00 CS * Anthem Ride <i>Erick Ruiz</i>	5:45-6:30 TR * Precision Run® <i>Javier Martinez</i>	6:45-7:45 YS * Slow Flow Yoga <i>John Bottino</i>		3:00-3:45 YS * Sonic Meditation <i>Alex Hall</i>	
6:30-7:30 YS * Slow Flow Yoga <i>Rachel Laser</i>	6:30-7:20 MS * Stronger <i>Brianne Anderson</i>	6:30-7:15 MS * Rounds: Boxing <i>Khalil Jones</i>				
	6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Sara Hoenes</i>	6:30-7:45 YS * Vinyasa Yoga (Heated) <i>Mimi Rieger</i>				
	7:30-8:15 MS * Cardio Dance <i>Erick Ruiz</i>					

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

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.

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

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 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.

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 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.



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.



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.

Limited Series: Stronger Women Introducing 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.

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.