

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:45-7:30 CS ◆ Cycle Power <i>Dru Ryan</i>	7:00-7:50 YS ◆ Off The Barre <i>Michelle Napoli</i>	6:00-6:45 MS ◆ Stacked! <i>Richard Shaw</i>	7:00-7:45 CS ◆ Cycle Power <i>Richard Shaw</i>	6:15-7:00 MS ◆ STRONG <i>Jenn Auchtertonie</i>	7:00-7:45 YS ◆ Pilates Fusion <i>Robin Lehman</i>	6:00-6:45 MS ◆ Tabata Max <i>Michelle Napoli</i>	7:00-7:45 MS ◆ Tabata Max <i>Michelle Napoli</i>	7:00-7:45 CS ◆ Cycle Beats <i>Cristina Baker</i>	7:15-8:00 YS ◆ Barre <i>Michelle Napoli</i>	8:00-8:30 YS ◆ Stacked! <i>Jenn Auchtertonie</i>	8:00-8:30 YS ◆ Athletic Stretch <i>Robin Lehman</i>	8:15-9:00 YS ◆ Barre <i>Emma Swain</i>	8:15-9:00 TR ◆ Precision Run® <i>Richard Shaw</i>
8:15-9:00 MS ◆ Whipped! <i>Robin Lehman</i>	8:30-9:15 YS ◆ Pilates Remix <i>Michelle Napoli</i>	7:00-7:45 YS ◆ Barre <i>Meri Jones</i>	8:00-8:45 MS ◆ Tabata Max <i>Richard Shaw</i>	7:45-8:30 MS ◆ Athletic Conditioning <i>Jenn Auchtertonie</i>	8:30-9:20 YS ◆ Barre <i>Robin Lehman</i>	7:15-8:00 YS ◆ Barre <i>Emma Swain</i>	8:30-9:20 YS ◆ Barefoot Body Sculpt <i>Emma Swain</i>	8:00-8:45 MS ◆ STRONG <i>Richard Shaw</i>	8:15-9:15 YS ◆ Vinyasa Yoga <i>Stephanie Rosenblatt</i>	8:30-9:15 CS ◆ Cycle Beats <i>Janelle Tibayan</i>	8:45-9:30 YS ◆ Pilates Fusion <i>Robin Lehman</i>	9:00-9:45 CS ◆ Cycle Beats <i>Christie Fabish</i>	9:15-10:00 YS ◆ The Muse 2.0 <i>Emma Swain</i>
9:45-10:30 MS ◆ METCON3 <i>Adair Pounds</i>	10:00-10:45 YS ◆ Barre <i>Michelle Napoli</i>	9:45-10:30 TR ◆ Elevate <i>Robin Lehman</i>	10:15-11:15 YS ◆ Vinyasa Yoga <i>Jen Lee</i>	9:00-9:45 CS ◆ Cycle Power <i>Dru Ryan</i>	10:45-11:35 MS ◆ Ropes and Rowers <i>Cody Wescott</i>	9:45-10:30 MS ◆ Best Butt Ever <i>Robin Lehman</i>	10:45-11:15 YS ◆ Athletic Stretch <i>Robin Lehman</i>	9:30-10:20 YS ◆ True Barre <i>Mike Gray</i>	10:45-11:30 YS ◆ The Muse 2.0 <i>Mike Gray</i>	9:30-10:15 MS ◆ Tabata Max <i>Jenn Auchtertonie</i>	9:45-10:30 TR ◆ Elevate <i>Robin Lehman</i>	9:30-10:20 MS ◆ Ropes and Rowers <i>Richard Shaw</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Carolyn Weininger</i>
10:45-11:30 TR ◆ Precision Run® <i>Adair Pounds</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	10:45-11:30 MS ◆ Zumba® <i>AJ Griffin</i>	12:00-12:45 MS ◆ Stacked! <i>AJ Griffin</i>	11:00-12:00 YS ◆ Vinyasa Yoga <i>Carolyn Weininger</i>	12:00-1:15 YS ◆ Vinyasa Yoga <i>Jen Lee</i>	12:00-1:15 YS ◆ Vinyasa Yoga <i>Jen Lee</i>	12:15-1:00 MS ◆ Ropes and Rowers <i>Jenn Auchtertonie</i>	12:15-1:00 MS ◆ Ropes and Rowers <i>Jenn Auchtertonie</i>	10:45-11:30 TR ◆ Precision Run® <i>Jenn Auchtertonie</i>	10:45-11:30 TR ◆ Precision Run® <i>Jenn Auchtertonie</i>	9:45-10:30 YS ◆ Barre <i>Jenna Rathe</i>	10:45-11:30 MS ◆ Athletic Conditioning <i>Richard Shaw</i>	10:45-11:30 MS ◆ Athletic Conditioning <i>Richard Shaw</i>
5:15-6:00 YS ◆ Off The Barre <i>Jenna Rathe</i>	5:30-6:15 CS ◆ Cycle Beats <i>Jeanne Slade</i>	12:00-1:00 YS ◆ Yoga Strong <i>Jen Lee</i>	12:15-1:00 TR ◆ Precision Run® <i>Cody Wescott</i>	12:15-1:00 TR ◆ Precision Run® <i>Cody Wescott</i>	5:15-6:00 YS ◆ Barre <i>Veronika Batyan</i>	5:15-6:00 YS ◆ Barre <i>Veronika Batyan</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Ava Ataee</i>	5:30-6:15 CS ◆ Cycle Beats <i>Amy Hilton</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Ava Ataee</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Lisa Ai</i>	12:00-12:50 YS ◆ Barre <i>Mary-Camen Webb</i>	12:00-12:50 YS ◆ Barre <i>Mary-Camen Webb</i>	12:00-12:50 YS ◆ Barre <i>Mary-Camen Webb</i>
5:30-6:15 CS ◆ Cycle Beats <i>Jeanne Slade</i>	5:45-6:30 MS ◆ Stacked! <i>Sarah Jurdi</i>	5:15-6:00 YS ◆ Barre <i>Jeanne Slade</i>	5:45-6:30 MS ◆ Athletic Conditioning <i>Kirsten Evans</i>	5:45-6:30 MS ◆ Athletic Conditioning <i>Kirsten Evans</i>	6:15-7:00 CS ◆ Cycle Beats <i>Emma Swain</i>	6:15-7:00 CS ◆ Cycle Beats <i>Emma Swain</i>	6:15-7:15 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	6:15-7:15 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	6:15-7:15 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	6:15-7:15 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	6:15-7:15 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	6:15-7:15 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	6:15-7:15 YS ◆ Vinyasa Yoga <i>Alex Garza</i>
6:15-7:15 YS ◆ Vinyasa Yoga <i>Carolyn Weininger</i>	6:45-7:30 MS ◆ Cardio Dance <i>Sarah Jurdi</i>	6:00-6:45 MS ◆ Whipped! <i>Robin Lehman</i>	6:45-7:30 TR ◆ Precision Run® <i>Kirsten Evans</i>	6:45-7:30 TR ◆ Precision Run® <i>Kirsten Evans</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>
		6:15-7:15 YS ◆ Vinyasa Yoga <i>Ava Ataee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Jen Lee</i>									4:00-5:00 YS ◆ Restorative Yoga <i>Lisa Ai</i>

EQUINOX

TYSONS CORNER

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MON - THU: 5:00AM - 10:00PM

FRI: 5:00AM - 8:00PM

SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

TUE: 4:00PM - 7:00PM

THU: 8:00AM - 1:00PM

THU: 4:00PM - 7:00PM

GROUP FITNESS MANAGER

mike.gray@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

TR	Treadmill Area
CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio

WHAT'S NEW THIS MONTH

🚴 CYCLING

CYCLE BEATS 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.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

🏃 RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUNS An interval-based, treadmill running workout created by running expert, David Slijk. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

🧘 YOGA

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

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.

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.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

🏋️ ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

METCONS 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. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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.

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

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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 REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. 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.

ZUMBA® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

🧘 STRETCH AND RECOVERY

ATHLETIC STRETCH Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

🏋️ SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

THE MUSE 2.0 Train like a dancer with this non-stop cardio experience. Move through choreography with the use of light weights to amplify your caloric burn and condition the upper body. An Equinox exclusive.