

**Bold** New Class, Instructor, or Time

◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS ◆ <i>Cycle Beats Jessica Lang</i>	6:00-6:45 TR ◆ <i>Precision Run® Brittani Gordon</i>	6:00-6:45 TR ◆ <i>Precision Run® Brittani Gordon</i>	6:15-7:00 MS ◆ <i>Stacked! Shannon Ryan</i>	6:00-6:45 CS ◆ <i>Cycle Beats Reggie Johnson</i>	6:15-7:00 CL ◆ <i>Athletic Conditioning - Outdoors Jill Washecka</i>	6:00-6:45 TR ◆ <i>Precision Run® Jenn Auchtertonie</i>	6:15-7:00 MS ◆ <i>STRONG Kyle Suib</i>	6:00-6:45 CS ◆ <i>Cycle Beats Jessica Lang</i>	7:45-8:30 MS ◆ <b>Whipped!</b> <i>Jill Washecka</i>	8:15-9:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	8:15-9:15 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	8:15-9:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	9:00-9:45 MS ◆ <i>Boxing Jessica Haley</i>
6:15-7:00 MS ◆ <i>Tabata Max Timbo Williams</i>	6:15-7:00 MS ◆ <i>Stacked! Shannon Ryan</i>	6:15-7:15 YS ◆ <i>Barre Nicole Cornish</i>	6:30-7:15 CS ◆ <i>Cycle Power Dru Ryan</i>	6:15-7:00 CL ◆ <i>Athletic Conditioning - Outdoors Jill Washecka</i>	7:00-8:00 YS ◆ <i>Vinyasa Yoga Ryan Daniel Smith</i>	6:15-7:00 MS ◆ <i>STRONG Kyle Suib</i>	6:15-7:00 MS ◆ <i>Athletic Conditioning AJ Griffin</i>	7:30-8:15 YS ◆ <i>Barre Catherine Boizelle</i>	8:45-9:30 CS ◆ <i>Cycle Power Robert Teri</i>	9:00-9:45 MS ◆ <i>STRONG Jill Washecka</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	9:30-10:15 TR ◆ <i>Elevate Jenn Auchtertonie</i>
7:00-8:00 YS ◆ <b>Yoga Strong</b> <i>Farley Price</i>	6:30-7:15 CS ◆ <i>Cycle Power Dru Ryan</i>	7:15-8:00 MS ◆ <i>Tabata Max Shannon Ryan</i>	7:30-8:15 MS ◆ <i>METCON3 Christina Ross</i>	7:00-8:00 YS ◆ <i>Vinyasa Yoga Ryan Daniel Smith</i>	7:30-8:15 MS ◆ <i>METCON3 Christina Ross</i>	6:30-7:15 CS ◆ <i>Cycle Power Vida Mokhtari</i>	7:30-8:15 MS ◆ <i>Athletic Conditioning Jenn Auchtertonie</i>	8:00-8:45 MS ◆ <i>TRX Max AJ Griffin</i>	9:00-10:00 YS ◆ <i>Vinyasa Yoga Hannah Chery</i>	9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	10:00-10:45 TR ◆ <i>Precision Run® Jill Washecka</i>	10:30-11:15 MS ◆ <i>METCON3 AJ Griffin</i>	10:00-10:45 CS ◆ <i>Cycle Beats Chad Raymond</i>
7:30-8:15 MS ◆ <i>Jump Rope Training Timbo Williams</i>	7:15-8:00 MS ◆ <i>Tabata Max Shannon Ryan</i>	7:30-8:20 YS ◆ <i>Barre Nicole Cornish</i>	8:15-9:15 YS ◆ <i>Vinyasa Yoga Lisa Ai</i>	8:15-9:15 YS ◆ <i>Vinyasa Yoga Lisa Ai</i>	8:30-9:15 TR ◆ <i>Precision Run® Jill Washecka</i>	7:30-8:15 MS ◆ <i>Athletic Conditioning Jenn Auchtertonie</i>	9:30-10:15 CS ◆ <i>Cycle Power Dave Slikker</i>	9:00-10:00 YS ◆ <i>Vinyasa Yoga Hannah Chery</i>	10:00-10:45 TR ◆ <i>Precision Run® Jill Washecka</i>	10:30-11:15 MS ◆ <i>METCON3 AJ Griffin</i>	11:00-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	10:00-10:45 CS ◆ <i>Cycle Beats Chad Raymond</i>
8:30-9:15 TR ◆ <i>Precision Run® Timbo Williams</i>	8:30-9:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	8:30-9:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	9:30-10:15 MS ◆ <i>METCON3 Adair Pounds</i>	8:30-9:15 TR ◆ <i>Precision Run® Jill Washecka</i>	9:30-10:15 MS ◆ <b>Whipped!</b> <i>Jill Washecka</i>	8:30-9:20 TR ◆ <b>Precision Run®</b> <i>Anna Shariat</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	10:30-11:15 MS ◆ <i>METCON3 AJ Griffin</i>	11:00-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	11:45-12:30 MS ◆ <i>TRX Max AJ Griffin</i>	10:30-11:15 MS ◆ <i>Trilogy Barre Michelle Napoli</i>
9:15-10:00 CS ◆ <b>Cycle Power</b> <i>Colleen Fisher</i>	9:30-10:15 MS ◆ <i>METCON3 Adair Pounds</i>	9:30-10:15 TR ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 MS ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 TR ◆ <i>Precision Run® Jill Washecka</i>	9:45-10:30 YS ◆ <i>Barre Mary-Camen Webb</i>	8:30-9:20 TR ◆ <b>Precision Run®</b> <i>Anna Shariat</i>	10:30-11:15 MS ◆ <i>Off The Barre Michelle Napoli</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	10:30-11:15 MS ◆ <i>METCON3 AJ Griffin</i>	11:00-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	11:45-12:30 MS ◆ <i>TRX Max AJ Griffin</i>	10:30-11:15 MS ◆ <i>Trilogy Barre Michelle Napoli</i>
9:30-10:15 MS ◆ <i>Stacked! Timbo Williams</i>	9:30-10:15 TR ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 TR ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 MS ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 TR ◆ <i>Precision Run® Jill Washecka</i>	9:45-10:30 YS ◆ <i>Barre Mary-Camen Webb</i>	8:30-9:20 TR ◆ <b>Precision Run®</b> <i>Anna Shariat</i>	10:30-11:15 MS ◆ <i>Off The Barre Michelle Napoli</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	10:30-11:15 MS ◆ <i>METCON3 AJ Griffin</i>	11:00-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	11:45-12:30 MS ◆ <i>TRX Max AJ Griffin</i>	10:30-11:15 MS ◆ <i>Trilogy Barre Michelle Napoli</i>
9:30-10:30 YS ◆ <b>Vinyasa Yoga</b> <i>Jess Lazar</i>	9:30-10:15 MS ◆ <i>METCON3 Adair Pounds</i>	9:30-10:15 TR ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 MS ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 TR ◆ <i>Precision Run® Jill Washecka</i>	9:45-10:30 YS ◆ <i>Barre Mary-Camen Webb</i>	8:30-9:20 TR ◆ <b>Precision Run®</b> <i>Anna Shariat</i>	10:30-11:15 MS ◆ <i>Off The Barre Michelle Napoli</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	10:30-11:15 MS ◆ <i>METCON3 AJ Griffin</i>	11:00-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	11:45-12:30 MS ◆ <i>TRX Max AJ Griffin</i>	10:30-11:15 MS ◆ <i>Trilogy Barre Michelle Napoli</i>
12:00-12:45 YS ◆ <i>True Barre Emma Swain</i>	9:30-10:15 TR ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 TR ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 MS ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 TR ◆ <i>Precision Run® Jill Washecka</i>	9:45-10:30 YS ◆ <i>Barre Mary-Camen Webb</i>	8:30-9:20 TR ◆ <b>Precision Run®</b> <i>Anna Shariat</i>	10:30-11:15 MS ◆ <i>Off The Barre Michelle Napoli</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	10:30-11:15 MS ◆ <i>METCON3 AJ Griffin</i>	11:00-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	11:45-12:30 MS ◆ <i>TRX Max AJ Griffin</i>	10:30-11:15 MS ◆ <i>Trilogy Barre Michelle Napoli</i>
12:15-1:00 MS ◆ <i>Boxing Gregory Turk</i>	9:30-10:15 TR ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 TR ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 MS ◆ <i>Precision Run® Anna Shariat</i>	9:30-10:15 TR ◆ <i>Precision Run® Jill Washecka</i>	9:45-10:30 YS ◆ <i>Barre Mary-Camen Webb</i>	8:30-9:20 TR ◆ <b>Precision Run®</b> <i>Anna Shariat</i>	10:30-11:15 MS ◆ <i>Off The Barre Michelle Napoli</i>	9:30-10:15 MS ◆ <i>Best Butt Ever + Best Abs Ever Adair Pounds</i>	10:30-11:15 MS ◆ <i>METCON3 AJ Griffin</i>	11:00-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	11:45-12:30 MS ◆ <i>TRX Max AJ Griffin</i>	10:30-11:15 MS ◆ <i>Trilogy Barre Michelle Napoli</i>
5:15-6:00 YS ◆ <i>Barre Jonathan Caudill</i>	10:45-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	10:45-11:45 YS ◆ <i>Pilates Fusion Gia-Ninh Chuang</i>	12:00-12:45 CS ◆ <i>Cycle Power Dave Slikker</i>	12:00-12:45 CS ◆ <i>Cycle Power Dave Slikker</i>	12:15-1:00 MS ◆ <i>TRX Max Jill Washecka</i>	9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	11:30-12:15 MS ◆ <i>Tabata Max Michelle Napoli</i>
5:30-6:15 CS ◆ <i>Cycle Beats AJ Griffin</i>	12:15-1:00 MS ◆ <i>Tabata Max Gia-Ninh Chuang</i>	12:15-1:00 MS ◆ <i>Tabata Max Gia-Ninh Chuang</i>	12:15-1:00 MS ◆ <i>TRX Max Jill Washecka</i>	12:15-1:00 MS ◆ <i>TRX Max Jill Washecka</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Mimi Rieger</i>	9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	1:00-1:45 YS ◆ <b>Pilates Fusion</b> <i>Emma Swain</i>
5:30-6:15 MS ◆ <b>PURE STRENGTH</b> <i>Jill Washecka, Adair Pounds</i>	12:15-1:00 YS ◆ <i>Barre Mary-Camen Webb</i>	12:15-1:00 YS ◆ <i>Barre Mary-Camen Webb</i>	12:15-1:00 MS ◆ <i>TRX Max Jill Washecka</i>	12:15-1:00 MS ◆ <i>TRX Max Jill Washecka</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Mimi Rieger</i>	9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	1:00-1:45 YS ◆ <b>Pilates Fusion</b> <i>Emma Swain</i>
6:15-7:00 TR ◆ <i>Elevate Jonathan Caudill</i>	4:00-5:00 YS ◆ <i>Vinyasa Yoga Sun Kim</i>	4:00-5:00 YS ◆ <i>Vinyasa Yoga Sun Kim</i>	5:15-6:00 MS ◆ <i>Athletic Conditioning Kyle Suib</i>	5:15-6:00 MS ◆ <i>Athletic Conditioning Kyle Suib</i>	5:15-6:00 YS ◆ <i>Trilogy Barre Michelle Napoli</i>	9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
6:30-7:15 MS ◆ <i>Athletic Conditioning AJ Griffin</i>	5:30-6:15 MS ◆ <i>METCON3 Jenn Auchtertonie</i>	5:30-6:15 MS ◆ <i>METCON3 Jenn Auchtertonie</i>	6:00-6:45 CS ◆ <i>Cycle Power Dru Ryan</i>	6:00-6:45 CS ◆ <i>Cycle Power Dru Ryan</i>	6:00-6:45 CS ◆ <i>Cycle Power Dru Ryan</i>	9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
6:45-7:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Stephanie Rosenblatt</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Stephanie Rosenblatt</i>	6:30-7:15 MS ◆ <i>STRONG Kyle Suib</i>	6:30-7:15 MS ◆ <i>STRONG Kyle Suib</i>	6:30-7:15 MS ◆ <i>STRONG Kyle Suib</i>	9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
	6:30-7:15 TR ◆ <i>Precision Run® Jenn Auchtertonie</i>	6:30-7:15 TR ◆ <i>Precision Run® Jenn Auchtertonie</i>	6:45-7:45 YS ◆ <i>Vinyasa Yoga Hannah Chery</i>	6:45-7:45 YS ◆ <i>Vinyasa Yoga Hannah Chery</i>	6:45-7:45 YS ◆ <i>Vinyasa Yoga Hannah Chery</i>	9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
	7:15-8:15 YS ◆ <i>Regeneration Yoga Stephanie Rosenblatt</i>	7:15-8:15 YS ◆ <i>Regeneration Yoga Stephanie Rosenblatt</i>				9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
						9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
						9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
						9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
						9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
						9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
						9:30-10:30 YS ◆ <i>Vinyasa Yoga Jen Lee</i>	12:15-1:00 MS ◆ <i>Stacked! Jill Washecka</i>	5:45-6:45 YS ◆ <i>Vinyasa Yoga Amberlie Price</i>	12:15-1:15 YS ◆ <i>Vinyasa Yoga Meredith St. Cyr</i>	12:00-12:45 YS ◆ <i>Barre Mary-Camen Webb</i>	1:00-2:00 YS ◆ <i>Yoga Sculpt Anne Smith</i>	11:15-12:00 CS ◆ <i>Cycle Beats Amy Hilton</i>	4:30-5:30 YS ◆ <i>Regeneration Yoga Hannah Chery</i>
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# EQUINOX

## BETHESDA

4905 ELM STREET  
BETHESDA MD 20814  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 9:00PM

**FRI:** 5:00AM - 8:00PM

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

## GROUP FITNESS MANAGER

jill.washecka@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

CL	Club Lobby
TR	Treadmill Area
YS	Yoga Studio
CS	Cycling Studio
MS	Main 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 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.

### YOGA

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

**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 SCULPT** A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

**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.

**ATHLETIC CONDITIONING - OUTDOORS** 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 + BEST ABS EVER** A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**JUMP ROPE TRAINING** A fast-paced, high-intensity jump rope workout guaranteed to bum calories. Increase your stamina, agility, and mental acuity, and discover just how challenging a jump rope can be.

**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.

**PURE STRENGTH** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

**TRX MAX** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging 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

**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.

**TRILOGY BARRE** A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

**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.

### BOXING AND KICKBOXING

**BOXING** Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.