

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS ◆ Ropes and Rowers <i>AJ Griffin</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Timbo Williams</i>	6:30-7:15 MS ◆ Tabata Max <i>AJ Griffin</i>	6:30-7:15 MS ◆ METCON3 <i>Kelly Appenzeller</i>	7:00-7:45 CS ◆ Cycle Beats <i>Kaylee Otterbacher</i>	8:45-9:30 PD ◆ Swim Team Pro <i>Lauren Shank</i>	9:00-9:45 MS ◆ Best Butt Ever + Best Abs Ever <i>Adair Pounds</i>
7:00-7:45 CS ◆ Cycle Beats <i>Cristina Baker</i>	7:15-8:00 YS ◆ Barre <i>Rachel Canteri</i>	7:00-7:45 CS ◆ Cycle Beats <i>Norah Davis</i>	7:15-8:00 YS ◆ Barre <i>Katia Thomas</i>	7:15-8:00 YS ◆ Pilates Fusion <i>Sarah Steele</i>	9:00-9:50 MS ◆ Ropes and Rowers <i>Kelly Appenzeller</i>	9:15-10:00 CS ◆ Cycle Beats <i>Amy Hilton</i>
7:30-8:15 MS ◆ Master of One <i>AJ Griffin</i>	7:30-8:15 MS ◆ Best Butt Ever <i>Timbo Williams</i>	7:30-8:15 MS ◆ Stacked! <i>AJ Griffin</i>	7:30-8:15 MS ◆ Whipped! <i>Kelly Appenzeller</i>	7:30-8:15 MS ◆ Boxing <i>Angela Meyer</i>	9:15-10:15 YS ◆ Athletic Yoga <i>Ernesto Bustamante</i>	9:30-10:15 YS ◆ Barre <i>Jessica Chen</i>
7:30-8:15 TR ◆ Precision Run® <i>Kelly Appenzeller</i>	9:30-10:15 YS ◆ Pilates Remix <i>Mike Gray</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Mmi Rieger</i>	9:30-10:00 MS ◆ Firestarter <i>Mike Gray</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Ernesto Bustamante</i>	10:15-11:00 MS ◆ The Cut: Jump Rope + Best Abs Ever <i>Kelly Appenzeller</i>	10:00-10:45 MS ◆ Boxing <i>Angela Meyer</i>
9:30-10:15 MS ◆ Body Sculpt <i>Britney Jones</i>	10:30-11:15 MS ◆ Tabata Max <i>Britney Jones</i>	9:30-10:15 MS ◆ Best Butt Ever <i>AJ Griffin</i>	10:15-10:45 YS ◆ Best Stretch Ever <i>Mike Gray</i>	10:30-11:15 YS ◆ Barre <i>Meri Jones</i>	10:30-11:15 TR ◆ Precision Run® <i>Britney Jones</i>	10:00-10:45 TR ◆ Precision Run® <i>Lauren Shank</i>
10:30-11:15 YS ◆ True Barre <i>Mike Gray</i>	11:30-12:15 CS ◆ Cycle Beats <i>Chad Raymond</i>	10:30-11:15 YS ◆ Barefoot Body Sculpt <i>Mike Gray</i>	11:00-11:45 YS ◆ Pilates Mat <i>Gia-Ninh Chuang</i>	11:30-12:15 MS ◆ Tabata Max <i>AJ Griffin</i>	10:30-11:20 YS ◆ True Barre <i>Mike Gray</i>	10:30-11:30 YS ◆ Regeneration Yoga <i>Ryan Daniel Smith</i>
11:30-12:15 CS ◆ Cycle Beats <i>AJ Griffin</i>	11:30-12:20 TR ◆ Elevate <i>Britney Jones</i>	11:45-12:15 MS ◆ Best Abs Ever <i>Britney Jones</i>	11:30-12:15 CS ◆ Cycle Beats <i>Emma Swain</i>	12:15-1:00 YS ◆ The Muse 2.0 <i>Emma Swain</i>	10:45-11:30 CS ◆ Cycle Beats <i>Janelle Tibayan</i>	10:45-11:30 CS ◆ Cycle Beats <i>Norah Davis</i>
12:15-1:00 YS ◆ Pilates Mat <i>Gia-Ninh Chuang</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Angela Meyer</i>	12:15-1:00 YS ◆ Barre <i>Stephen Murray</i>	12:00-12:45 TR ◆ Elevate <i>Gia-Ninh Chuang</i>	12:30-1:15 MS ◆ Stacked! <i>AJ Griffin</i>	11:30-12:15 MS ◆ METCON3 <i>Britney Jones</i>	11:00-11:45 MS ◆ Tabata Max <i>Adair Pounds</i>
12:30-1:15 MS ◆ METCON3 <i>AJ Griffin</i>	12:30-1:15 MS ◆ PURE STRENGTH <i>Britney Jones</i>	12:30-1:15 MS ◆ STRONG <i>Britney Jones</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Stephanie Rosenblatt</i>	5:15-6:00 YS ◆ Barre <i>Emma Swain</i>	11:45-12:30 YS ◆ Pilates Remix <i>Mike Gray</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Mario Austin</i>
5:15-6:00 YS ◆ The Muse 2.0 <i>Mike Gray</i>	5:00-5:45 MS ◆ Stacked! <i>Kyle Suib</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Isobel Cox</i>	12:30-1:15 MS ◆ Boxing <i>Marc D'Angelo</i>	5:30-6:15 TR ◆ Precision Run® <i>Britney Jones</i>	12:15-1:00 CS ◆ Cycle Beats <i>Jillian Racoosin</i>	12:30-1:20 MS ◆ PURE STRENGTH <i>Jenn Auchtertonie, Adair Pounds</i>
5:30-6:15 MS ◆ Cardio Dance <i>Gabriel Sanchez</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Lisa Ai</i>	5:30-6:15 MS ◆ PURE STRENGTH <i>Cody Wescott</i>	5:00-5:45 MS ◆ Master of One <i>AJ Griffin</i>	6:15-7:00 MS ◆ Zumba® <i>Erick (DC) Ruiz</i>	12:30-1:15 MS ◆ Cardio Dance <i>Gabriel Sanchez</i>	
5:30-6:15 TR ◆ Precision Run® <i>Jenn Auchtertonie</i>	5:30-6:15 CS ◆ Cycle Beats <i>Kaylee Otterbacher</i>	5:45-6:30 CS ◆ Cycle Beats <i>Manuel Medrano</i>	5:15-6:15 YS ◆ Athletic Yoga <i>Lisa Ai</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Mario Austin</i>	1:15-1:45 YS ◆ Best Stretch Ever <i>Jillian Racoosin</i>	
5:45-6:30 CS ◆ Cycle Beats <i>Emma Swain</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Kyle Suib</i>	6:00-6:45 TR ◆ Precision Run® <i>Michelle Reidy</i>	5:30-6:15 CS ◆ Cycle Beats <i>Norah Davis</i>			
6:30-7:15 MS ◆ METCON3 <i>Jenn Auchtertonie</i>	6:45-7:30 YS ◆ Barre <i>Emma Swain</i>	6:30-7:15 MS ◆ Tabata Max <i>Cody Wescott</i>	6:00-6:45 MS ◆ METCON3 <i>AJ Griffin</i>			
6:30-7:45 YS ◆ Vinyasa Yoga (L2) <i>Ryan Daniel Smith</i>	7:00-7:45 MS ◆ Best Butt Ever <i>Kyle Suib</i>	6:30-7:45 YS ◆ Regeneration Yoga <i>Mario Austin</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Lisa Ai</i>			
			7:00-7:45 MS ◆ Ropes and Rowers <i>AJ Griffin</i>			

EQUINOX

SPORTS CLUB WASHINGTON D.C.

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WASHINGTON DC 20037
EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 9:00PM
SAT - SUN: 7:00AM - 7:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 2:00PM

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

PD	Pool Deck
TR	Treadmill Area
MS	Main Studio
CS	Cycling 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.

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

ATHLETIC YOGA 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.

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.

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 ABS EVER A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

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.

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.

FIRESTARTER A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping. An Equinox Exclusive.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. 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.

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.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Bum 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.

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 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 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.

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.

THE CUT: JUMP ROPE + BEST ABS EVER A challenging mash-up of Equinox classics. The Cut: Jump Rope is a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

POOL

SWIM TEAM PRO Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour.

STRETCH AND RECOVERY

BEST STRETCH EVER A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.

SCULPT

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

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

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.

 **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.