

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS◆ Studio Cycling <i>Kim Hanauer</i>	6:00-6:50 MS Body Precision <i>Kaitlyn Wozniak</i>	6:00-6:45 CS◆ Studio Cycling <i>Dru Ryan</i>	6:00-6:50 MS Tabata <i>Kaitlyn Wozniak</i>	6:15-7:00 CS◆ Studio Cycling <i>Tom Carey</i>	9:30-10:15 CS◆ Studio Cycling <i>Gia-Ninh Chuang</i>	9:30-10:15 CS◆ Studio Cycling <i>Tom Carey</i>
7:00-7:50 MS METCON3 <i>Kareem Cooper</i>	7:00-7:45 CS◆ Studio Cycling <i>Caitlin Shneider</i>	7:00-7:50 MS Metabolic Meltdown <i>Lauren Buckner</i>	7:00-7:45 CS◆ Rhythm Revolution <i>Kaitlyn Wozniak</i>	7:00-8:00 MS◆ Metabolic Meltdown <i>Kevin Mullins</i>	9:30-10:15 MS◆ PURE STRENGTH <i>Anthony Atwater</i>	9:30-10:30 YS Gentle Yoga <i>Jason Snow</i>
7:00-7:50 TR◆ Precision Running® <i>Shant Ayanian</i>	7:00-7:45 MS Tabata <i>Milian Gotovac</i>	7:00-7:50 TR◆ Precision Running® <i>Michelle Reidy</i>	7:00-7:50 MS Stacked! <i>Milian Gotovac</i>	7:30-8:20 YS Barre <i>Jonathan Caudill</i>	9:30-10:20 TR◆ Precision Running® <i>Kaitlyn Wozniak</i>	10:00-11:00 PD Aqua Boot Camp <i>Joanne Charnetski</i>
7:00-8:00 YS Vinyasa Yoga <i>Samantha Attard</i>	7:00-7:50 TR◆ Precision Running® <i>Kaitlyn Wozniak</i>	7:00-8:00 YS Pilates <i>Jennifer Hopkins</i>	7:00-8:00 YS Vinyasa Yoga <i>Marina Traub</i>	9:30-10:30 PD Aqua Boot Camp <i>Beth Antell</i>	10:15-11:15 CS◆ Rhythm Revolution <i>Carolyn R</i>	10:30-11:20 MS Zumba® <i>Nikki White</i>
9:30-10:30 PD Aqua Boot Camp <i>Marsha Hawkins</i>	10:00-10:50 YS Tai Chi <i>Nick Gracenin</i>	9:30-10:30 PD Aqua Boot Camp <i>Marsha Hawkins</i>	10:00-10:50 YS Pilates <i>Chelsea Corley</i>	10:00-11:15 YS Alignment Yoga <i>Marina Traub</i>	10:30-11:20 MS◆ True Athlete <b>Mike Gray</b>	10:30-11:30 YS Alignment Yoga <i>Blandine Trouille</i>
10:00-10:50 YS Pilates <i>Chelsea Corley</i>	11:00-11:45 MS◆ THE MUSE™ <i>Pasquale Guiducci</i>	10:00-10:50 MS◆ Cardio Sculpt <i>Anthony McElroy</i>	11:00-11:50 MS Deep EXtreme <i>Mike Gray</i>	11:00-11:50 MS Body Precision <i>Pauline Bouffard</i>	10:30-11:00 MS◆ THE CUT: Jump Rope <i>Anthony Atwater</i>	10:45-11:30 CS◆ Rhythm Revolution <i>Kelly Appenzeller</i>
11:00-11:50 MS◆ Cardio Sculpt <i>Anthony McElroy</i>	11:00-11:50 YS Stretch Essentials <i>Carolyn Shinsato</i>	11:00-12:00 MS YALA™ <i>Laurent Amzallag</i>	12:00-1:00 YS Power Yoga <i>Cynthia Lorena</i>	11:20-12:05 TR◆ Elevate <b>Jonathan Caudill</b>	10:30-11:00 MS◆ Precision Running® <i>Kaitlyn Wozniak</i>	10:45-11:30 MS◆ THE MUSE™ <i>Sara Syryla</i>
12:00-12:50 YS True Barre <i>Mike Gray</i>	12:00-1:00 YS Power Yoga <i>Pasquale Guiducci</i>	12:00-1:00 YS Pilates <i>Debbie Cristi</i>	12:15-1:15 MS◆ Kickboxing <i>Anthony McElroy</i>	11:30-12:00 YS THE MUSE™ <b>Pasquale Guiducci</b>	10:30-11:20 TR◆ Pilates <i>Gia-Ninh Chuang</i>	11:35-12:20 MS Tabata <i>Jennifer Blackburn</i>
12:15-1:00 MS METCON3 <b>Jacob Siwicki</b>	12:15-1:15 MS◆ Kickboxing <i>Anthony McElroy</i>	12:15-1:00 CS◆ ANTHEM™ <b>Liz Corah</b>	5:30-6:15 MS THE CUT <i>Liz Corah</i>	12:15-12:00 YS True Athlete <b>Pasquale Guiducci</b>	10:30-11:15 YS Pilates <i>Gia-Ninh Chuang</i>	11:45-12:35 TR◆ Elevate <i>Kelly Appenzeller</i>
5:30-6:15 CS◆ Rhythm Revolution <i>Jordan Murray</i>	5:30-6:15 CS◆ Rhythm Revolution <i>Carolyn R</i>	5:30-6:20 MS◆ Tabata <i>Mike Gray</i>	5:30-6:20 YS Slow Flow Yoga (L2) <i>Jason Snow</i>	12:15-1:05 MS◆ True Athlete <b>Pasquale Guiducci</b>	11:15-12:00 MS Deep EXtreme <i>Mike Gray</i>	11:45-12:45 YS Barre <i>Dara Duguay</i>
5:30-6:20 MS◆ Freestyle Fitness Dance™ <i>Gabriel Sanchez</i>	5:30-6:20 MS◆ True Athlete <b>Mike Gray</b>	5:30-6:20 TR◆ Precision Running® <i>Kaitlyn Wozniak</i>	6:00-6:50 TR◆ Precision Running® <i>Michelle Reidy</i>	12:15-1:00 YS Barre <b>Mike Gray</b>	11:30-12:30 YS Tai Chi <i>Nick Gracenin</i>	12:30-1:00 MS Firestarter <b>Katia Thomas</b>
5:30-6:20 TR◆ Precision Running® <i>Kaitlyn Wozniak</i>	5:30-6:25 YS◆ Power Yoga (L2) <i>Mimi Rieger</i>	5:30-6:30 YS Tai Chi <i>Nick Gracenin</i>	6:30-7:15 TR◆ Rhythm Revolution <i>Kelly Appenzeller</i>	5:30-6:15 CS◆ Studio Cycling <i>Tom Carey</i>	11:45-12:45 CS◆ Rhythm Revolution <i>Kaitlyn Wozniak</i>	1:00-2:00 YS Pure Stretch <i>Michael Rosengart</i>
5:30-6:20 YS Yoga Chisel <i>John Thurman</i>	6:30-7:15 CS◆ Studio Cycling <i>Caitlin Shneider</i>	6:30-7:15 YS Rhythm Revolution <i>Kaitlyn Wozniak</i>	6:30-7:20 MS◆ Metabolic Meltdown <i>Kevin Mullins</i>	5:30-6:20 YS Barre <i>Sara Syryla</i>	12:10-1:00 MS◆ Freestyle Fitness Dance™ <i>Gabriel Sanchez</i>	
6:30-7:15 CS◆ Rhythm Revolution <i>Kaitlyn Wozniak</i>	6:30-7:00 MS◆ THE CUT: Jump Rope <i>Kelly Appenzeller</i>	6:30-7:20 MS◆ Freestyle Fitness Dance™ <i>Gabriel Sanchez</i>	6:30-7:20 YS Barre Bootcamp <i>Liz Corah</i>	6:30-7:20 MS Zumba® <i>Erick Ruiz</i>	12:30-1:30 YS Hatha Yoga <i>Laura Settle</i>	
6:30-7:20 MS◆ EQX Barre Burn <i>Mike Gray</i>	6:30-7:30 YS◆ Power Yoga (L1) <i>Mimi Rieger</i>	6:30-7:20 TR◆ Elevate <i>Anthony McElroy</i>	7:30-8:00 MS Firestarter <b>Katia Thomas</b>	6:30-7:20 MS Alignment Yoga <i>Blandine Trouille</i>	12:40-1:30 YS Barre <i>Pasquale Guiducci</i>	
6:30-7:20 TR◆ Precision Running® <i>Kelly Appenzeller</i>	7:05-7:25 MS Best Abs Ever <i>Kelly Appenzeller</i>	6:35-7:05 YS◆ THE MUSE™ <i>Mike Gray</i>		7:30-8:00 YS Alignment Yoga <i>Blandine Trouille</i>	1:10-1:55 MS THE CUT <i>Liz Corah</i>	
6:30-7:30 YS Vinyasa Yoga (L2) <i>Pasquale Guiducci</i>	7:30-8:00 MS Tabata <b>Milian Gotovac</b>	7:15-8:15 YS Vinyasa Yoga (L2) <b>Haley Fulford</b>		7:30-8:00 YS Alignment Yoga <i>Blandine Trouille</i>	1:45-2:45 YS Vinyasa Yoga (L3) <i>Pasquale Guiducci</i>	
7:30-8:15 CS◆ ANTHEM™ <b>Jillian Racoosin</b>	7:45-8:35 YS Pilates <i>Leah Freilich</i>	7:30-8:15 YS Cycle Beats <i>Dru Ryan</i>			2:00-2:30 MS Best Abs Ever <i>Liz Corah</i>	
7:30-8:20 MS◆ Ropes and Rowers <i>Pauline Bouffard</i>		7:30-8:30 MS◆ Kickboxing <i>Anthony McElroy</i>				
7:35-8:05 YS◆ THE MUSE™ <b>Pasquale Guiducci</b>						

## SPORTS CLUB WASHINGTON D.C.

1170 22ND ST NW  
WASHINGTON DC 20037  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 10:30PM  
**FRI:** 5:30AM - 10:00PM  
**SAT - SUN:** 7:00AM - 8:00PM

**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
PD	Pool Deck
YS	Yoga Studio
MS	Main Studio

#### WHAT'S NEW THIS MONTH

Our newest class True Athlete is athletic training redefined. Boost your performance by pairing cutting-edge equipment with your inner drive. This is how champions are made. Try it today, at select Equinox locations.

#### CYCLING

**ANTHEM™** Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

**CYCLE BEATS** Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

**RHYTHM REVOLUTION** The playlist rules supreme in this beats-based ride. From the classics to the cutting edge, the varying music will motivate you through this high-intensity ride.

**STUDIO CYCLING** Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

#### RUNNING

**ELEVATE** Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

**PRECISION RUNNING®** You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

#### YOGA

**ALIGNMENT YOGA** Alignment Yoga emphasizes precision and purity of form. Based on the teachings of B.K.S. Iyengar, this practice enhances flexibility and alignment.

**GENTLE YOGA** Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

**HATHA YOGA** A strong and fundamental approach to the yoga practice, designed to align your skin, muscles, and bones with a focus on correct postures and technique.

**POWER YOGA** Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

**SLOW FLOW YOGA** Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

**VINYASA YOGA** A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

**YOGA CHISEL** Experience the best of both worlds! Combine fundamental lower body yoga movements; with upper body muscle conditioning exercises. Include cardio, core strength, balance, and flexibility for a total body workout. Yoga experience not required.

#### ATHLETIC TRAINING

**BEST ABS EVER** Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

**FIRESTARTER** Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

**METABOLIC MELTDOWN** An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

**METCON3** This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

**PURE STRENGTH** Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

**ROPES AND ROWERS** A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exciting solo and team competitions will push you to bring it, beat it and brag about it!

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**TABATA** A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

**TRUE ATHLETE** This is athletic training, redefined. Boost your performance by pairing cutting-edge equipment used by the pros with your inner drive.

#### BARRE

**BARRE** Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

**BARRE BOOTCAMP** Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

**TRUE BARRE** Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

#### LONG + LEAN

**BODY PRECISION** Define yourself. Mix up low-impact cardio with weight-bearing moves for an inventive, non-stop conditioning session. Build lean muscle, rev up your metabolism, and enhance your ab definition. All toys are fair game.

**CARDIO SCULPT** Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

**DEEP EXTREME** Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

**THE MUSE™** Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

#### PILATES

**PILATES** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

#### DANCE

**FREESTYLE FITNESS DANCE™** Burn through calories while enjoying current dance moves based on street dance and popular music videos. New choreography and routines will be consistently introduced to build your repertoire, stimulate your mind, and challenge your body. Dance your way to a happier and healthier you.

**YALA™** YALA™ is a dance based workout designed to tone and shape every muscle in your body while making you burn tons of calories. Come and enjoy 1 hour of sweat, smiles and happiness while letting the energizing music transport you to places like Ibiza, Morocco and France.

**ZUMBA®** Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

#### BOXING + MARTIAL ARTS

**KICKBOXING** An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

**TAI CHI** A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Chi Gung, Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

**THE CUT** A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

**THE CUT: JUMP ROPE** Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.

#### POOL

**AQUA BOOT CAMP** Get out of the studio and into the pool. Dive into a complete cardio & conditioning class using water resistance and equipment for a total body workout. You'll build strength, raise your heart rate, and get an invigorating swim even while you're hard at work.