

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆ Tabata Max <i>Britney Jones</i>	6:15-7:00 CS ◆ Cycle Beats <i>Kyle Suib</i>	6:15-7:00 CS ◆ Cycle Beats <i>Kyle Suib</i>	6:30-7:15 MS ◆ Tabata Max <i>Jason Vanterpool</i>	6:15-7:00 MS ◆ MET CON3 <i>Jason Vanterpool</i>	6:30-7:15 CS ◆ Cycle Power <i>Dru Ryan</i>	6:30-7:15 CS ◆ Cycle Beats <i>Brittani Gordon</i>	6:45-7:30 MS ◆ Tabata Max <i>Britney Jones</i>	6:30-7:15 MS ◆ MET CON3 <i>Christie Fabish</i>	7:00-7:45 CS ◆ The Pursuit: Build <i>Kelly Appenzeller</i>	8:15-9:00 YS ◆ Pilates Mat <i>Cecile Haque</i>	8:45-9:30 MS ◆ Whipped! <i>Jason Vanterpool</i>	8:45-9:45 MS ◆ Cycle Beats <i>Anita Singh</i>	8:45-9:45 MS ◆ Vinyasa Yoga <i>Lisa Ai</i>
6:45-7:30 CS ◆ Cycle Beats <i>Kaylee Otterbacher</i>	6:45-7:30 MS ◆ Off The Barre <i>Talya Krumholz</i>	6:45-7:30 YS ◆ Off The Barre <i>Talya Krumholz</i>	7:00-7:45 YS ◆ Barre <i>Jessica Chen</i>	6:45-7:30 CS ◆ Cycle Power <i>Dru Ryan</i>	7:00-7:45 YS ◆ Barre <i>Jessica Chen</i>	7:00-7:45 MS ◆ Athletic Yoga <i>Becky Paris</i>	7:15-8:00 BR ◆ Boxing <i>Kareem Cooper</i>	7:15-8:15 YS ◆ Barre <i>Stephen Murray</i>	7:30-8:15 BR ◆ Boxing <i>Lauren Polovoy</i>	9:00-9:45 CS ◆ Cycle Power <i>Stephen Murray</i>	9:15-10:00 YS ◆ Vinyasa Yoga <i>CJ Hunter</i>	9:45-10:30 MS ◆ Best Butt Ever <i>Elisabeth Bassen</i>	9:45-10:30 MS ◆ Best Butt Ever <i>Elisabeth Bassen</i>
7:00-8:00 YS ◆ Yoga Sculpt <i>Allison Solley</i>	7:15-8:00 BR ◆ Boxing <i>Kareem Cooper</i>	7:15-8:00 BR ◆ Boxing <i>Kareem Cooper</i>	7:15-8:00 BR ◆ Boxing <i>Angela Meyer</i>	7:15-8:00 BR ◆ Boxing <i>Angela Meyer</i>	7:15-8:00 BR ◆ Boxing <i>Angela Meyer</i>	7:15-8:00 BR ◆ Boxing <i>Kareem Cooper</i>	7:30-8:15 TR ◆ Precision Run® <i>Timbo Williams</i>	7:30-8:15 TR ◆ Precision Run® <i>Timbo Williams</i>	7:30-8:15 TR ◆ Precision Run® <i>Christie Fabish</i>	9:15-10:00 YS ◆ Vinyasa Yoga <i>CJ Hunter</i>	9:45-10:30 BR ◆ Boxing <i>Lauren Polovoy</i>	10:00-10:45 BR ◆ Boxing <i>Marc D'Angelo</i>	10:00-10:45 BR ◆ Boxing <i>Marc D'Angelo</i>
7:15-8:00 BR ◆ Boxing <i>Angela Meyer</i>	7:30-8:15 MS ◆ MET CON3 <i>Kyle Suib</i>	7:30-8:15 MS ◆ MET CON3 <i>Kyle Suib</i>	7:30-8:15 MS ◆ Vinyasa Yoga <i>Alex Garza</i>	7:30-8:15 MS ◆ Athletic Conditioning <i>Timbo Williams</i>	7:30-8:15 MS ◆ Athletic Conditioning <i>Timbo Williams</i>	7:30-8:15 TR ◆ Precision Run® <i>Timbo Williams</i>	7:45-8:30 MS ◆ Ropes and Rowers <i>Phillip Goo</i>	7:45-8:30 MS ◆ Ropes and Rowers <i>Phillip Goo</i>	7:45-8:30 MS ◆ Ropes and Rowers <i>Phillip Goo</i>	10:00-10:45 MS ◆ Master of One <i>Stephen Murray</i>	10:15-11:00 YS ◆ Trilogy Barre <i>Talya Krumholz</i>	10:30-11:15 CS ◆ Cycle Beats <i>Christine McDonough</i>	10:30-11:15 CS ◆ Cycle Beats <i>Christine McDonough</i>
7:30-8:15 TR ◆ Precision Run® <i>Britney Jones</i>	7:45-8:45 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	7:45-8:45 YS ◆ Vinyasa Yoga <i>Alex Garza</i>	10:30-11:15 YS ◆ Barre <i>Stephen Murray</i>	12:00-12:45 MS ◆ Whipped! <i>Jason Vanterpool</i>	12:00-12:45 MS ◆ Whipped! <i>Jason Vanterpool</i>	8:00-8:45 YS ◆ Barre <i>David Lambert-McMichael</i>	12:00-12:45 MS ◆ Athletic Conditioning <i>Phillip Goo</i>	12:00-12:45 MS ◆ Athletic Conditioning <i>Phillip Goo</i>	12:00-12:45 MS ◆ Athletic Conditioning <i>Phillip Goo</i>	10:30-11:15 CS ◆ Cycle Beats <i>Christine McDonough</i>	10:45-11:30 BR ◆ Boxing <i>Gregory Turk</i>	11:00-11:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>	11:00-11:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>
7:45-8:30 MS ◆ Stacked! <i>Team Equinox</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Becky Paris</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Becky Paris</i>	12:30-1:15 TR ◆ Precision Run® <i>Timbo Williams</i>	12:15-1:00 YS ◆ Pilates Fusion <i>Emma Swain</i>	12:15-1:00 YS ◆ Pilates Fusion <i>Emma Swain</i>	10:30-11:15 YS ◆ Pilates Remix <i>Stephen Murray</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Camryn Bickham</i>	12:30-1:15 TR ◆ Precision Run® <i>Britney Jones</i>	4:30-5:15 MS ◆ STRONG <i>Stephen Murray</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>	12:00-12:45 MS ◆ MET CON3 <i>Jason Vanterpool</i>	12:00-12:45 MS ◆ MET CON3 <i>Jason Vanterpool</i>
8:30-9:30 YS ◆ Vinyasa Yoga <i>Angela Meyer</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	1:30-2:30 YS ◆ Vinyasa Yoga <i>Angela Meyer</i>	12:30-1:15 TR ◆ Precision Run® <i>Timbo Williams</i>	12:30-1:15 TR ◆ Precision Run® <i>Timbo Williams</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	12:30-1:15 TR ◆ Precision Run® <i>Britney Jones</i>	4:30-5:15 MS ◆ STRONG <i>Stephen Murray</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>
12:00-12:45 MS ◆ Athletic Conditioning <i>Jason Vanterpool</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	5:00-5:45 MS ◆ Best Butt Ever <i>Elisabeth Bassen</i>	5:00-5:45 MS ◆ Stacked! <i>Lexi Young</i>	5:00-5:45 MS ◆ Stacked! <i>Lexi Young</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	5:00-5:45 MS ◆ Athletic Conditioning <i>Kyle Suib</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>	2:15-3:00 YS ◆ Barre <i>Mary-Carmen Webb</i>	2:15-3:00 YS ◆ Barre <i>Mary-Carmen Webb</i>
12:15-1:00 YS ◆ Barre <i>Stephen Murray</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	5:15-6:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	5:15-6:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	5:15-6:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	12:15-1:00 BR ◆ Boxing <i>Kareem Cooper</i>	5:15-6:00 CS ◆ Cycle Beats <i>Amy Hilton</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>	3:45-5:00 YS ◆ Vinyasa Yoga + Meditation <i>Alex Hall</i>	3:45-5:00 YS ◆ Vinyasa Yoga + Meditation <i>Alex Hall</i>
12:30-1:15 TR ◆ Precision Run® <i>Mere Chambers</i>	12:15-1:00 MS ◆ TRX Max <i>Jason Vanterpool</i>	12:15-1:00 MS ◆ TRX Max <i>Jason Vanterpool</i>	5:30-6:15 CS ◆ Best Butt Ever <i>Elisabeth Bassen</i>	5:30-6:15 CS ◆ Cycle Beats <i>Amy Hilton</i>	5:30-6:15 CS ◆ Cycle Beats <i>Amy Hilton</i>	12:15-1:00 MS ◆ TRX Max <i>Timbo Williams</i>	5:15-6:00 YS ◆ Barre <i>Stephen Murray</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
1:15-2:15 YS ◆ Vinyasa Yoga <i>Alex Hall</i>	5:00-5:45 MS ◆ Best Butt Ever <i>Elisabeth Bassen</i>	5:00-5:45 MS ◆ Best Butt Ever <i>Elisabeth Bassen</i>	5:45-6:30 TR ◆ Precision Run® <i>Britney Jones</i>	5:45-6:30 TR ◆ Precision Run® <i>Britney Jones</i>	5:45-6:30 TR ◆ Precision Run® <i>Britney Jones</i>	5:00-5:45 MS ◆ Athletic Conditioning <i>Kyle Suib</i>	6:00-6:45 MS ◆ Body Sculpt <i>Savannah Fox</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
5:00-5:45 MS ◆ STRONG <i>Kyle Suib</i>	5:15-6:00 CS ◆ Cycle Beats <i>Christie Fabish</i>	5:15-6:00 CS ◆ Cycle Beats <i>Christie Fabish</i>	6:00-6:45 MS ◆ Body Sculpt <i>Savannah Fox</i>	6:00-6:45 MS ◆ Body Sculpt <i>Savannah Fox</i>	6:00-6:45 MS ◆ Body Sculpt <i>Savannah Fox</i>	5:15-6:00 YS ◆ Barre <i>Stephen Murray</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	5:00-5:45 BR ◆ Boxing <i>Gregory Turk</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
5:15-6:00 YS ◆ Barre <i>David Lambert-McMichael</i>	5:30-6:15 TR ◆ Precision Run® <i>Timbo Williams</i>	5:30-6:15 TR ◆ Precision Run® <i>Timbo Williams</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:00-6:45 MS ◆ Body Sculpt <i>Savannah Fox</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	5:15-6:00 CS ◆ Cycle Beats <i>Manuel Medrano</i>	5:15-6:00 CS ◆ Cycle Beats <i>Manuel Medrano</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
5:30-6:15 CS ◆ Cycle Power <i>Stephen Murray</i>	5:45-6:30 YS ◆ The Muse 2.0 <i>Anita Singh</i>	5:45-6:30 YS ◆ The Muse 2.0 <i>Anita Singh</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	5:30-6:15 YS ◆ Pilates Remix <i>Stephen Murray</i>	5:30-6:15 YS ◆ Pilates Remix <i>Stephen Murray</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
6:00-6:45 MS ◆ MET CON3 <i>Timbo Williams</i>	6:00-6:45 MS ◆ MET CON3 <i>Stephen Murray</i>	6:00-6:45 MS ◆ MET CON3 <i>Stephen Murray</i>	6:30-7:15 YS ◆ Barefoot Body Sculpt <i>Gregory Turk</i>	6:30-7:15 YS ◆ Barefoot Body Sculpt <i>Gregory Turk</i>	6:30-7:15 YS ◆ Barefoot Body Sculpt <i>Gregory Turk</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	5:45-6:45 MS ◆ Hip Hop <i>Jillian Racoosin</i>	5:45-6:45 MS ◆ Hip Hop <i>Jillian Racoosin</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
6:15-7:00 BR ◆ Boxing <i>Gregory Turk</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:45-7:30 CS ◆ Cycle Beats <i>Chad Raymond</i>	6:45-7:30 CS ◆ Cycle Beats <i>Chad Raymond</i>	6:45-7:30 CS ◆ Cycle Beats <i>Chad Raymond</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	6:15-7:00 BR ◆ Boxing <i>Angela Meyer</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
6:30-7:30 YS ◆ Vinyasa Yoga <i>Lauren Jacobs</i>	6:30-7:15 CS ◆ ANTHEM™ <i>Kelly Appenzeller</i>	6:30-7:15 CS ◆ ANTHEM™ <i>Kelly Appenzeller</i>	7:00-7:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>	7:00-7:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>	7:00-7:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>	6:30-7:15 YS ◆ Barefoot Body Sculpt <i>Gregory Turk</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
6:45-7:30 CS ◆ Cycle Beats <i>Jillian Racoosin</i>	7:00-7:45 MS ◆ STRONG <i>Timbo Williams</i>	7:00-7:45 MS ◆ STRONG <i>Timbo Williams</i>	7:00-7:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>	7:00-7:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>	7:00-7:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>	6:30-7:15 YS ◆ Barefoot Body Sculpt <i>Gregory Turk</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
7:00-7:45 MS ◆ Stacked! <i>Timbo Williams</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Camryn Bickham</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Camryn Bickham</i>				6:45-7:30 CS ◆ Cycle Beats <i>Chad Raymond</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
						6:45-7:30 CS ◆ Cycle Beats <i>Chad Raymond</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
						7:00-7:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Savannah Fox</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>	11:15-12:00 YS ◆ Pilates Remix <i>Talya Krumholz</i>	11:45-12:30 CS ◆ Cycle Beats <i>Lexi Young</i>		
							6:30-7:30 YS ◆ Vinyasa Yoga <i>Kate Symes</i>	1:00-2:00 YS ◆ Athletic Yoga <i>Becky Paris</i>					

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MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 9:00PM
SAT - SUN: 8:00AM - 7:00PM

GROUP FITNESS MANAGER

jason.vanterpool@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

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

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

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.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

RUNNING

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.

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.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

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

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.

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.

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. 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.

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.

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

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.

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

HIP HOP A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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.

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.