

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 CS * Beats Ride <i>Glenn Snellgrose</i>	6:15-7:00 MS * <b>Whipped!</b> <b>Jude McCarthy</b>	6:15-7:00 MS * Stronger <i>Kristi Harshbarger</i>	6:15-7:00 MS * Rounds: Boxing <i>Julie Bellis</i>	6:15-7:00 MS * Stacked <i>Shannon Knobloch</i>	8:15-9:00 MS * Stronger <i>Cassie Liveris</i>	9:00-9:45 BR * Rounds: Kickboxing <i>Julie Bellis</i>
7:00-7:45 YS * <b>Vinyasa Yoga</b> <b>Christy Pemrick</b>	6:30-7:15 YS * Pilates Mat <i>Angela Leigh</i>	7:00-7:50 TR * Precision Run® <i>Shana Peters</i>	6:30-7:15 YS * Pilates Rise <i>Angela Leigh</i>	6:30-7:15 YS * Vinyasa Yoga <i>Eric Shainock</i>	8:30-9:15 YS * Off The Barre <i>Meisha Reid</i>	9:15-10:00 YS * Pilates Mat <i>Lia Montelongo</i>
7:15-8:00 MS * MetCon3 <i>Devin Buchanan</i>	7:00-7:45 CS * Anthem Ride <i>Marquis Johnson</i>	7:00-7:45 YS * Power Vinyasa <i>April Falcon</i>	7:00-7:45 CS * Beats Ride <i>Marquis Johnson</i>	7:00-7:45 CS * Beats Ride <i>Angela Leigh</i>	8:45-9:30 CS * <b>Anthem Ride</b> <b>Michael Wollpert</b>	10:00-10:45 MS * Stronger <i>Julie Bellis</i>
7:15-8:00 MS * Stronger <i>Devin Buchanan</i>	7:45-8:30 YS * Barre <i>Lindsay Nolden</i>	7:15-8:00 MS * Tabata Max <i>Jordan Tallman</i>	7:45-8:30 YS * True Barre <i>Andrea Rubenstein</i>	7:00-7:50 TR * Precision Run® <i>Cassie Liveris</i>	9:30-10:15 MS * The Cut <i>Devin Buchanan</i>	10:15-11:00 YS * True Barre <i>Lia Montelongo</i>
8:30-9:15 YS * Pilates Fusion <i>Lia Montelongo</i>	8:15-9:00 MS * <b>Best Butt Ever</b> <b>Shana Peters</b>	8:30-9:15 YS * Barre <i>Cassie Liveris</i>	8:00-8:50 TR * Precision Walk: Elevate <i>Michael Wollpert</i>	7:15-8:05 MS * Rhythmic Sculpt <i>Chelsea Wolfe</i>	9:30-10:15 YS * Barre <i>Cassie Liveris</i>	11:00-11:50 MS * Rhythmic Sculpt <i>Dan Hurst</i>
9:30-10:15 YS * Barre <i>Lia Montelongo</i>	9:00-10:00 YS * Gentle Yoga <i>Alison Riazzi</i>	9:15-10:00 MS * Athletic Conditioning <i>Devin Buchanan</i>	8:15-9:00 MS * Stronger <i>Julie Bellis</i>	9:00-9:45 YS * Pilates Rise <i>Julie Valenti</i>	9:45-10:35 TR * Precision Walk: Elevate <i>Michael Wollpert</i>	11:30-12:30 YS * Vinyasa Yoga <i>Woni Lang</i>
12:00-12:50 MS * Rhythmic Sculpt <i>Julie Bellis</i>	12:00-12:45 YS * Off The Barre <i>Glenn Snellgrose</i>	12:00-12:45 YS * Pilates Rise <i>Shana Peters</i>	9:00-9:45 YS * <b>Pilates Mat</b> <b>Mikhaila Woodall</b>	9:15-9:45 MS * Upper Body Pump <i>Devin Buchanan</i>	10:30-11:15 MS * Best Butt Ever <i>Devin Buchanan</i>	2:00-3:00 YS * Restorative Yoga <i>Woni Lang</i>
12:00-1:00 YS * Slow Flow Yoga <i>Allison English</i>	4:15-5:15 YS * Sculpted Yoga™ <i>Allison English</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Mikhaila Woodall</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Mikhaila Woodall</i>	9:45-10:15 MS * Best Abs Ever <i>Devin Buchanan</i>	10:30-11:30 YS * Vinyasa Yoga <i>Allison English</i>	
4:15-5:05 YS * Pilates Rise <i>Shana Peters</i>	5:00-5:45 MS * Best Butt Ever <i>Devin Buchanan</i>	4:15-5:00 YS * Barre <i>Dan Hurst</i>	4:15-5:00 YS * Pilates Fusion <i>Glenn Snellgrose</i>	12:00-12:45 YS * Off The Barre <i>Meisha Reid</i>	11:45-12:30 YS * Pilates Fusion <i>Shana Peters</i>	
5:00-5:45 MS * Stacked <i>Julie Valenti</i>	5:30-6:30 YS * Vinyasa Yoga <i>Allison English</i>	5:00-5:45 MS * Body Sculpt <i>Julie Valenti</i>	5:30-6:15 MS * Tabata Max <i>Lindsay Nolden</i>	12:15-1:00 MS * Tabata Max <i>Katie Schneider</i>		
5:30-6:15 YS * <b>Off The Barre</b> <b>Meisha Reid</b>	6:00-6:45 MS * The Cut <i>Devin Buchanan</i>	5:30-6:15 YS * Pilates Fusion <i>Shana Peters</i>	5:30-6:15 MS * Tabata Max <i>Lindsay Nolden</i>	5:15-6:00 MS * MetCon3 <i>Jordan Tallman</i>		
5:45-6:30 CS * Beats Ride <i>Joshua Grabowski</i>	6:00-6:45 MS * The Cut <i>Devin Buchanan</i>	5:45-6:30 CS * Anthem Ride <i>Marquis Johnson</i>	5:30-6:30 YS * Vinyasa Yoga <i>Woni Lang</i>	6:15-7:00 YS * Barefoot Sculpt <i>Jordan Tallman</i>		
5:45-6:35 TR * Precision Run® <b>Jude McCarthy</b>	6:45-7:30 YS * Barre <i>Sam Stedry</i>	6:00-6:45 MS * Stronger <i>Julie Valenti</i>	6:45-7:30 YS * True Barre <i>Lindsay Nolden</i>			
6:00-6:45 MS * Stronger <i>Cassie Liveris</i>		6:45-7:30 YS * Vinyasa Yoga <i>Sammi Callaghan</i>				
6:45-7:30 YS * Vinyasa Yoga <i>Steph Kies</i>						

# EQUINOX

## LINCOLN PARK

1750 North Clark Street

CHICAGO IL 60614

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

**Kids**

**MON-SUN** 08:00 AM 12:00 PM

## GROUP FITNESS MANAGER

jim.jalove@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**BR** Boxing Studio

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## **Cycling**

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**Beats Ride** 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**

**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. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## **Yoga**

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**Power Vinyasa** 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.

**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.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

## **HIIT**

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. 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.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**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 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 Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## **Boxing**

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

## **Sculpt**

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.