

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS * Beats Ride <i>Barb Fellars</i>	6:15-7:00 MS * Stronger <i>Zane Glotzbach</i>	6:30-7:15 CS * Precision Ride <i>Scott Wiley</i>	6:15-7:00 MS * Stronger <i>Devin Buchanan</i>	6:30-7:15 CS * Beats Ride <i>Joseph Destino</i>	8:45-9:30 MS * Stronger <i>Jude McCarthy</i>	9:00-9:45 MS * Rounds: Boxing <i>April Falcon</i>
6:30-7:15 MS * MetCon Monday <i>Team Equinox</i>	6:30-7:15 YS * Pilates Fusion <i>Shana Peters</i>	6:30-7:15 MS * Tabata Max <i>Jack Halbert</i>	6:30-7:15 YS * Vinyasa Yoga <i>Jordan Tallman</i>	6:30-7:15 YS * Pilates Mat <i>Sophie Herrejon</i>	9:00-9:45 YS * Off The Barre <i>Mikhaila Woodall</i>	9:00-9:45 YS * Off The Barre <i>Susan Mowder</i>
8:00-8:45 YS * Bala Bangle Barre Burn <i>Dan Hurst</i>	7:15-8:00 MS * Stacked <i>Zane Glotzbach</i>	8:00-8:45 YS * Pilates Fusion <i>Angela Leigh</i>	7:15-8:00 MS * Athletic Conditioning <i>Devin Buchanan</i>	7:15-8:05 TR * Precision Run + Strength <i>Devin Buchanan</i>	9:15-10:00 CS * Beats Ride <i>Andrea Rubenstein</i>	9:15-10:05 TR * Precision Walk: Elevate <i>Alex McJimpsey</i>
9:15-10:00 MS * Rhythmic Sculpt <i>Julie Bellis</i>	9:00-9:30 MS * Upper Body Pump <i>Julie Valenti</i>	9:15-10:00 MS * Stronger <i>Julie Bellis</i>	9:00-9:45 MS * Best Butt Ever <i>Lia Montelongo</i>	8:00-8:45 YS * Off The Barre <i>Meisha Reid</i>	9:30-10:00 MS * Tabata Cardio 30 <i>Jude McCarthy</i>	9:30-10:15 CS * Beats Ride <i>Anna Stephens</i>
10:30-11:15 PD * Aqua Sculpt <i>Susan Mowder</i>	9:15-10:00 YS * Off The Barre <i>Karim Tonsy</i>	10:30-11:15 PD * Aqua Sculpt <i>Mary Lynn Cleary</i>	9:15-10:00 YS * Pilates Rise <i>Andrea Rubenstein</i>	9:15-10:00 MS * Body Sculpt <i>Mikhaila Woodall</i>	10:00-11:00 YS * Sculpted Yoga™ <i>Mikhaila Woodall</i>	10:00-10:45 MS * Stronger <i>Lo Jones</i>
10:30-11:15 YS * Pilates Fusion <i>Karim Tonsy</i>	9:30-10:15 CS * Anthem Ride <i>Michael Wollpert</i>	10:30-11:15 YS * Barefoot Sculpt <i>Karim Tonsy</i>	9:30-10:15 CS * Beats Ride <i>Marquis Johnson</i>	10:15-11:00 MS * Cardio Dance <i>Meisha Reid</i>	10:15-11:05 MS * Rhythmic Sculpt <i>Andrea Rubenstein</i>	10:15-11:00 YS * Vinyasa Yoga <i>April Falcon</i>
12:00-1:00 YS * Sculpted Yoga™ <i>Mikhaila Woodall</i>	9:30-9:50 MS * Best Abs Ever <i>Julie Valenti</i>	12:00-12:50 YS * Vinyasa Yoga <i>April Falcon</i>	10:30-11:15 PD * Aqua Sculpt <i>Susan Mowder</i>	10:30-11:15 MS * Pilates Fusion <i>Mikhaila Woodall</i>	10:15-11:00 PD * Aqua Sculpt <i>Karim Tonsy</i>	10:30-11:15 PD * Aqua Sculpt <i>Alex McJimpsey</i>
12:15-1:00 MS * Stronger <i>Cassie Liveris</i>	10:30-11:15 PD * Aqua Sculpt <i>Michael Wollpert</i>	12:15-1:05 MS * Rhythmic Sculpt <i>Mikhaila Woodall</i>	10:45-11:45 YS * Slow Flow Yoga <i>Lia Montelongo</i>	12:00-12:45 YS * Gentle Yoga <i>Anita March</i>	10:15-11:00 Precision Run + Strength <i>Jude McCarthy</i>	11:00-11:45 MS * Tabata Max <i>Lo Jones</i>
4:15-5:00 YS * EQX Barre Burn <i>Dan Hurst</i>	10:45-11:45 YS * Gentle Yoga <i>Alison Riazzi</i>	4:15-5:00 YS * Pilates Fusion <i>Cassie Liveris</i>	12:00-12:45 MS * Rounds: Boxing <i>Julie Bellis</i>	12:15-1:00 MS * MetCon3 <i>Team Equinox Devin Buchanan</i>	11:05-11:20 MS * Best Abs Ever <i>Andrea Rubenstein</i>	11:30-12:30 YS * Restorative Yoga <i>Allison English</i>
5:15-6:00 MS * Whipped! <i>Devin Buchanan</i>	12:00-12:45 MS * Tabata Max <i>Eleonora Davidkova</i>	5:15-6:00 MS * Ropes and Rowers <i>Jude McCarthy</i>	12:15-1:00 YS * Pilates Fusion <i>Lia Montelongo</i>	4:15-5:00 YS * Off The Barre <i>Anna Stephens</i>	11:15-12:00 YS * Best Abs Ever <i>Cassie Liveris</i>	12:00-12:45 MS * Best Stretch Ever <i>Chelsea Wolfe</i>
5:15-6:15 YS * Vinyasa Yoga <i>Allison English</i>	12:15-1:00 YS * Off The Barre <i>Meisha Reid</i>	5:15-6:00 YS * Off The Barre <i>Lindsay Nolden</i>	5:15-6:00 MS * Stacked <i>Julie Bellis</i>	5:00-5:45 MS * Stronger <i>Michael Wollpert</i>	11:45-12:30 MS * The Cut <i>Devin Buchanan</i>	12:45-1:30 YS * Pilates Fusion <i>Team Equinox</i>
5:45-6:30 CS * Beats Ride <i>Barb Fellars</i>	5:15-6:00 MS * Stronger <i>Lo Jones</i>	5:45-6:30 CS * Precision Ride <i>Zane Glotzbach</i>	5:30-6:15 YS * Pilates Fusion <i>Karim Tonsy</i>	5:45-6:00 MS * Best Abs Ever <i>Michael Wollpert</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Andrea Rubenstein</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Mary Kennedy</i>
6:15-7:00 MS * The Cut <i>Devin Buchanan</i>	5:30-6:15 CS * Beats + Bands Ride <i>Joseph Destino</i>	6:15-7:00 MS * Rounds: Boxing Circuit <i>April Falcon</i>	6:30-7:15 MS * Rhythmic Sculpt <i>Karim Tonsy</i>	5:45-6:30 YS * Restorative Yoga <i>Christy Pemrick</i>	1:15-2:00 YS * Pilates Mat <i>Julie Bellis</i>	
6:30-7:15 YS * Hatha Yoga <i>Allison English</i>	5:30-6:15 YS * Pilates Rise <i>Angela Leigh</i>	6:15-7:05 TR * Precision Run® <i>Jude McCarthy</i>	6:30-7:15 YS * Off The Barre <i>Susan Mowder</i>	6:45-7:30 YS * Sonic Meditation <i>Lauren Twombly</i>	3:00-3:50 YS * Slow Flow Yoga <i>Woni Lang</i>	
7:15-8:00 MS * Stronger <i>Lo Jones</i>	5:45-6:35 TR * Precision Walk: Elevate <i>Alex McJimpsey</i>	6:30-7:15 YS * Power Vinyasa <i>Mike Massimino</i>				
	6:15-7:00 MS * Cardio Dance <i>Karim Tonsy</i>					
	6:30-7:15 YS * Slow Flow Yoga <i>Angela Leigh</i>					
	7:15-8:00 MS * Barre Beyond <i>Jaclyn Walters</i>					

# EQUINOX

## GOLD COAST

900 North Michigan  
CHICAGO IL 60611  
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

## GROUP FITNESS MANAGER

jude.mccarthy@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

## 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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that’s unlike anything you’ve tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## Running

**Precision Run + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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.

**Hatha Yoga** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**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.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

## 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.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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. Boost metabolism and build muscle in this class that never lets you get complacent. 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 Cardio 30** A 30-minute cardio-only challenge that demands everything you’ve got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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

**Bala Bangle Barre Burn** This off-the-barre class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**EQX Barre Burn** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**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.

## 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.

## 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.

## 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: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. 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.

## Swim

**Aqua Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

## Regeneration

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.