

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:30-8:15 MS *	Vinyasa Yoga Sammi Callaghan	6:30-7:15 MS *	Stronger Kristi Harshbarger	6:30-7:15 MS *	Vinyasa Yoga Jordan Tallman	6:30-7:15 MS *	Stronger Jude McCarthy	11:30-12:15 MS *	Tabata Max Anthony May	9:30-10:15 MS *	Stronger Victoria Brickert
11:30-12:15 MS *	MetCon Monday Michael Wollpert	7:30-8:15 MS *	True Barre: Off the Barre Meisha Reid	7:30-8:15 MS *	Body Sculpt Victoria Brickert	7:30-8:15 MS *	Pilates Mat Shana Peters	11:30-12:20 TR *	Precision Run + Strength Jude McCarthy	10:30-11:15 MS *	MetCon3 Victoria Brickert
12:15-1:05 TR *	Precision Run@ Michael Wollpert	11:30-12:15 MS *	Ropes and Rowers Jim Jalove	11:30-12:15 MS *	Stacked Cassie Liveris	11:30-12:15 MS *	Stronger Devin Buchanan	12:30-1:15 MS *	Vinyasa Yoga Woni Lang	11:30-12:30 MS *	Vinyasa Yoga Eric Shainock
12:30-1:15 MS *	Pilates Rise Julie Valenti	12:30-1:15 MS *	Stronger Jim Jalove	12:30-1:15 MS *	Pilates Mat Cassie Liveris	12:30-1:15 MS *	Whipped! Devin Buchanan	5:30-6:15 MS *	Pilates Fusion Sophie Herrejon		
5:15-6:00 CS *	Anthem Ride Michael Wollpert	4:15-5:00 MS *	Pilates Fusion Thomas Selvidge	5:15-6:00 CS *	Beats Ride Andrew Ribeiro	4:15-5:05 MS *	Sculpted Yoga™ Allison English				
5:15-6:00 MS *	Stacked Abigail Moseman	5:15-6:00 MS *	Body Sculpt Chelsea Wolfe	5:15-6:00 MS *	Stronger Michael Wollpert	5:15-6:00 MS *	Tabata Max Victoria Brickert				
6:15-6:45 MS *	Upper Body Pump Abigail Moseman	6:15-7:00 MS *	Vinyasa Yoga Chelsea Wolfe	6:00-6:50 TR *	Precision Walk: Elevate Michael Wollpert	6:15-7:00 MS *	Gentle Yoga Allison English				
6:45-7:15 MS *	Best Abs Ever Abigail Moseman	7:15-8:00 MS *	Stronger Anthony May	6:15-7:00 MS *	MetCon3 Abigail Moseman						

# EQUINOX

## THE LOOP

200 West Monroe Street

CHICAGO IL 60606

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 09:00 PM

**FRI** 05:00 AM 07:00 PM

**SAT** 08:00 AM 02:00 PM

## GROUP FITNESS MANAGER

jim.jalove@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**TR** Treadmill Area

## 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 + 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.

**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.

**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

**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 Rows** 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.

**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

**True Barre: Off the Barre** 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.



## 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.



## Sculpt

**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.



## Strength

**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.

**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.

**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.