

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30-12:15 MS* MetCon Monday <i>Michael Wollpert</i>	6:30-7:15 MS* Stronger <i>Kristi Harshbarger</i>	6:30-7:15 MS* Vinyasa Yoga <i>Sammi Callaghan</i>	6:30-7:15 TR* Precision Run® <i>Shana Peters</i>	11:30-12:15 MS* Whipped! Jude McCarthy	9:00-9:50 MS* Vinyasa Yoga <i>Eric Shainock</i>
12:15-1:05 TR* Precision Run® <i>Michael Wollpert</i>	7:30-8:15 MS* Off The Barre <i>Meisha Reid</i>	7:30-8:15 MS* Rhythmic Sculpt <i>Chelsea Wolfe</i>	7:30-8:15 MS* Pilates Mat <i>Shana Peters</i>	12:15-1:05 TR* Precision Run® <i>Michael Wollpert</i>	10:00-10:45 MS* Tabata Max <i>Abigail Moseman</i>
12:30-1:15 MS* Pilates Rise <i>Lia Montelongo</i>	11:30-12:15 MS* Best Butt Ever <i>Julie Bellis</i>	11:30-12:15 MS* Athletic Conditioning <i>Cassie Liveris</i>	11:30-12:15 MS* Stronger <i>Devin Buchanan</i>	12:30-1:15 MS* Vinyasa Yoga <i>Woni Lang</i>	
4:15-5:00 MS* Vinyasa Yoga <i>Eric Ostrowski</i>	11:45-12:30 CS* Beats Ride <i>Michael Wollpert</i>	12:15-1:00 TR* Precision Run® Cassie Liveris	11:45-12:30 CS* Beats Ride Jude McCarthy	5:30-6:15 MS* Pilates Fusion <i>Patty Boyle</i>	
5:15-6:00 MS* Stacked <i>Abigail Moseman</i>	12:15-12:45 MS* Best Abs Ever <i>Julie Bellis</i>	12:30-1:15 MS* Pilates Mat Sophie Herrejon	12:30-1:15 MS* Rounds: Boxing <i>Devin Buchanan</i>		
5:30-6:20 TR* Precision Run® <i>Michael Wollpert</i>	4:15-5:00 MS* Pilates Fusion <i>Michelle Cady</i>	4:15-5:00 MS* Hatha Yoga <i>Lauren Twombly</i>	4:15-5:00 MS* Sculpted Yoga™ <i>Allison English</i>		
6:15-7:00 MS* Rounds: Boxing <i>Abigail Moseman</i>	5:15-6:00 MS* Rhythmic Sculpt <i>Chelsea Wolfe</i>	5:15-6:00 MS* Stronger <i>Michael Wollpert</i>	5:15-6:00 MS* Tabata Max <i>Abigail Moseman</i>		
	6:15-7:00 MS* Vinyasa Yoga <i>Robert Sanchez</i>	5:30-6:15 CS* Beats Ride <i>Andrew Ribeiro</i>	6:15-7:00 MS* Gentle Yoga <i>Allison English</i>		
		6:15-7:00 MS* MetCon3 Michael Wollpert			

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EQUINOX

THE LOOP

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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

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.

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.

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

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.

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

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.

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.

Sculpt

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.

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.