

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 MS* Body Sculpt <i>Shana Peters</i>	11:30-12:15 MS* MetCon3 <i>Todd Boergermann</i>	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* Stacked <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>Angela Leigh</i>	11:45-12:30 CS* Beats Ride <i>Michael Wollpert</i>	12:15-1:05 TR* Precision Run@ <i>Cassie Liveris</i>	11:45-12:30 CS* Precision Ride <i>Angela Leigh</i>	4:15-5:00 MS* Barre <i>Angela Leigh</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 <i>Angela Leigh</i>	12:30-1:15 MS* Rounds: Boxing <i>Devin Buchanan</i>	5:15-6:00 MS* Pilates Fusion <i>Angela Leigh</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 Circuit <i>Abigail Moseman</i>	5:15-6:00 MS* Body 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>	5:45-6:30 CS* Beats Ride <i>Andrew Ribeiro</i>	6:15-7:00 MS* Gentle Yoga <i>Allison English</i>		
		6:00-6:45 TR* Precision Walk: Elevate <i>Michael Wollpert</i>			

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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.

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® 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.

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.

Athletic Training

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.

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.

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 and Kickboxing

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.

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.

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.