

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * True Barre: Off the Barre (Heated) <i>Sam Stedry</i>	5:30-6:15 YS * True Barre <i>Heidi Freitag</i>	6:00-6:45 YS * Power Vinyasa (Heated) <i>Woni Lang</i>	5:30-6:15 YS * Pilates Fusion <i>Sophie Herrejon</i>	6:00-7:00 YS * Power Vinyasa <i>Mia Rose Voss</i>	8:00-8:45 YS * Pilates Fusion <i>Sophie Herrejon</i>	9:00-9:45 CS * Beats Ride <i>Marquis Johnson</i>
6:15-7:00 MS * Best Butt Ever <i>Angela Leigh</i>	6:00-6:45 MS * Stacked <i>Haley Gunst</i>	6:15-7:00 MS * Stronger <i>Devin Buchanan</i>	6:00-6:50 MS * 360 Strength <i>Anthony May</i>	6:15-7:00 MS * Core6 <i>Eleonora Davidkova</i>	8:30-9:20 MS * Whipped! <i>Jack Halbert</i>	9:00-9:45 YS * True Barre <i>Jazmin Rivers</i>
7:00-7:45 YS * True Barre <i>Sam Stedry</i>	6:15-7:00 CS * Beats Ride <i>Scott Wiley</i>	7:00-7:45 YS * True Barre <i>Patty Boyle</i>	6:15-7:00 CS * Beats Ride <i>Toni Jackson</i>	6:45-7:15 MS * Upper Body Pump <i>Eleonora Davidkova</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Christy Penrick</i>	9:15-10:00 MS * Tabata Max <i>Stephan Kunca</i>
7:15-8:00 CS * Beats Ride <i>Ryan Gargie</i>	6:30-7:15 YS * Pilates Mat (Heated) <i>Mia Rose Voss</i>	7:15-8:00 CS * Anthem Ride <i>Marquis Johnson</i>	6:30-7:15 YS * True Barre (Heated) <i>Anna Stephens</i>	7:15-8:00 CS * Beats Ride <i>Alex Amati</i>	9:15-10:00 CS * Beats Ride <i>Will Haley</i>	10:00-11:00 YS * Power Vinyasa (Heated) <i>Sammi Callaghan</i>
7:15-8:00 MS * Stronger <i>Angela Leigh</i>	6:45-7:35 TR * Precision Run® <i>Tammy Whyte</i>	7:15-8:00 MS * Athletic Conditioning <i>Devin Buchanan</i>	6:45-7:35 TR * Precision Run® <i>Tammy Whyte</i>	7:15-8:00 MS * Stronger <i>Jim Jalove</i>	9:30-10:15 MS * Stacked <i>Jack Halbert</i>	10:15-11:00 MS * 10:15-11:00 Body Sculpt <i>Maddie Laveve</i>
8:00-8:45 YS * Pilates at the Barre <i>Shana Peters</i>	7:00-7:30 MS * Upper Body Pump <i>CJ</i>	7:45-8:35 TR * Precision Walk: Elevate <i>Francesca Rollo</i>	7:00-7:45 MS * MetCon3 <i>Eleonora Davidkova</i>	7:15-8:00 YS * Pilates Rise <i>Shana Peters</i>	10:15-11:00 YS * True Barre (Heated) <i>Meisha Reid</i>	10:30-11:15 CS * Anthem Ride <i>Marquis Johnson</i>
9:15-10:00 YS * Pilates Fusion <i>Glenn Snellgrose</i>	7:30-7:45 MS * Best Abs Ever <i>CJ</i>	8:00-8:45 YS * Pilates Fusion <i>Dan Hurst</i>	7:30-8:30 YS * Power Vinyasa (Heated) <i>Sammi Callaghan</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Cassie Liveris</i>	10:30-11:15 MS * The Cut <i>CJ</i>	
9:30-10:15 MS * Body Sculpt <i>Devin Buchanan</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Chelsea Wolfe</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>April Falcon</i>	8:15-9:00 MS * Pilates Mat <i>Angela Leigh</i>	11:15-12:00 YS * Pilates Fusion <i>Julie Valenti</i>	10:45-11:30 CS * Beats Ride <i>Dylan Eike</i>	11:15-11:45 MS * Best Butt Ever <i>Abigail Moseman</i>
11:15-12:00 YS * Pilates at the Barre <i>Glenn Snellgrose</i>	8:15-9:00 MS * True Barre: Off the Barre <i>Sam Stedry</i>	11:15-12:00 YS * Pilates Mat <i>Kia Williams</i>	9:00-9:45 YS * True Barre (Heated) <i>Jill Sellers</i>	11:15-12:00 CS * Beats Ride <i>Marquis Johnson</i>	11:15-12:00 YS * True Barre: Off the Barre <i>Meisha Reid</i>	11:30-12:15 YS * Pilates Fusion <i>Sammi Callaghan</i>
12:15-1:00 YS * Pilates Fusion <i>Bonnie Bushnell</i>	9:15-10:00 MS * Stronger <i>Cassie Liveris</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Glenn Snellgrose</i>	11:00-11:45 YS * Pilates Fusion <i>Andrea Rubenstein</i>	12:15-1:00 YS * True Barre <i>Cassie Liveris</i>	11:30-12:15 MS * Stronger <i>Glenn Snellgrose</i>	11:45-12:15 MS * Best Abs Ever <i>Abigail Moseman</i>
12:30-1:15 MS * Stronger <i>Devin Buchanan</i>	11:00-11:45 YS * True Barre: Bala Bangle <i>Cassie Liveris</i>	12:30-1:15 MS * Stronger <i>Jim Jalove</i>	12:00-12:45 MS * Best Butt Ever <i>Julie Valenti</i>	3:15-4:00 YS * True Barre <i>Jill Sellers</i>	12:15-1:15 YS * Power Vinyasa (Heated) <i>Kia Williams</i>	12:30-1:15 MS * True Barre <i>Susan Mowder</i>
3:15-4:00 YS * Pilates Mat <i>Cassie Liveris</i>	12:00-12:45 MS * Body Sculpt <i>Devin Buchanan</i>	3:15-4:00 YS * Pilates at the Barre <i>Shana Peters</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Allison English</i>	4:00-4:45 MS * Pilates Mat <i>Thomas Selvidge</i>	12:30-1:15 MS * Pilates Mat <i>Steph Smolen</i>	1:30-2:15 YS * True Barre <i>Dan Hurst</i>
4:15-5:00 YS * True Barre <i>Cassie Liveris</i>	12:00-12:45 YS * Pilates Mat <i>Alisha Barker</i>	4:00-4:45 MS * Body Sculpt <i>Mikhaila Woodall</i>	3:30-4:15 YS * True Barre: Off the Barre <i>Meisha Reid</i>	4:15-5:15 YS * Vinyasa Yoga <i>Alison Riazzi</i>	1:30-2:15 YS * True Barre <i>Sophie Herrejon</i>	3:00-4:00 YS * Vinyasa Yoga (Heated) <i>Lauren Twombly</i>
4:30-5:20 MS * 360 Strength <i>Eric Cobb</i>	3:30-4:15 YS * True Barre <i>Cassie Liveris</i>	4:15-5:00 YS * Pilates Fusion <i>Bonnie Bushnell</i>	4:00-4:45 MS * Core6 <i>Devin Buchanan</i>	5:00-5:45 CS * Beats Ride <i>Kim Di Nino</i>	3:30-4:30 YS * Sculpted Yoga™ <i>Chelsea Wolfe</i>	4:30-5:30 YS * Weekend Wind Down Yoga <i>Lauren Twombly</i>
5:15-6:00 CS * Anthem Ride <i>Marquis Johnson</i>	4:30-5:30 YS * Power Vinyasa (Heated) <i>Christy Penrick</i>	5:00-5:30 MS * Upper Body Pump <i>Jack Halbert</i>	4:30-5:15 YS * True Barre <i>Susan Mowder</i>	5:15-6:00 MS * Stronger <i>Zane Glotzbach</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Alison Riazzi</i>	
5:15-6:00 YS * Pilates Rise <i>Jeffrey Morris</i>	5:00-5:45 MS * Whipped! <i>Eleonora Davidkova</i>	5:15-6:00 YS * True Barre: Bala Bangle <i>Bonnie Bushnell</i>	5:00-5:45 MS * The Cut <i>Devin Buchanan</i>	6:15-7:00 MS * Cardio Dance <i>CJ</i>		
5:30-6:15 MS * Stronger <i>CJ</i>	5:30-6:20 TR * Precision Run® <i>Michael Wollpert</i>	5:30-6:15 CS * Beats Ride <i>Andrew Ribeiro</i>	5:30-6:15 CS * Beats Ride <i>Dylan Eike</i>			
6:15-7:05 TR * Precision Run + Strength <i>Tammy Whyte</i>	5:45-6:30 CS * Anthem Ride <i>Zane Glotzbach</i>	5:30-6:00 MS * Best Butt Ever <i>Jack Halbert</i>	5:30-6:15 YS * Pilates Mat <i>Sophie Herrejon</i>			
6:15-7:00 YS * True Barre <i>Lindsay Nolden</i>	5:45-6:30 YS * True Barre <i>Jill Sellers</i>	6:15-7:00 MS * Core6 <i>Jack Halbert</i>	6:00-6:45 MS * Stronger <i>Anthony May</i>			
6:30-7:15 CS * Beats Ride <i>Marquis Johnson</i>	6:00-6:45 MS * MetCon3 <i>Habibah Sanusi</i>	6:15-7:00 TR * Precision Run® <i>Allison English</i>	6:30-7:45 YS * Vinyasa Yoga (Heated) <i>Stephanie Azzaretto</i>			
6:30-7:15 MS * Rounds: Boxing <i>April Falcon</i>	6:45-7:45 YS * Gentle Yoga <i>Lauren Twombly</i>	6:15-7:15 YS * Gentle Yoga <i>Christy Penrick</i>	7:00-7:45 MS * 7:00-7:45 <i>Victoria Brickert</i>			
7:15-8:15 YS * Power Vinyasa (Heated) <i>Woni Lang</i>	7:00-7:45 MS * True Barre: Off the Barre <i>Jazmin Rivers</i>	7:15-8:00 MS * Pilates Fusion <i>Anna Brush</i>				
7:30-8:15 MS * True Barre: Bala Bangle <i>Sam Stedry</i>		7:30-8:30 YS * Sculpted Yoga™ (Heated) <i>Lauren Twombly</i>				

EQUINOX

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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

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga 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.

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.

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.

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.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

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 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.

True Barre: Bala Bangle This sculpt 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.

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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.

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

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.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.



Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.

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.

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.