

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * Off The Barre <i>Sam Stedry</i>	6:00-6:45 MS * Tabata Max <i>Haley Gunst</i>	6:00-6:45 YS * Power Vinyasa (HEATED) <i>Woni Lang</i>	6:00-6:45 MS * Ropes and Rowers <i>Jude McCarthy</i>	6:00-6:45 YS * Vinyasa Yoga <i>Steph Kies</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 * Stacked <i>Angela Leigh</i>	6:15-7:00 YS * Pilates Fusion <i>Anna Brush</i>	6:15-7:00 MS * Stronger <i>Devin Buchanan</i>	6:15-7:00 YS * True Barre (HEATED) <i>Anna Stephens</i>	6:15-7:00 MS * MetCon3 <i>Eleonora Davidkova</i>	8:30-9:20 MS * Whipped! <i>Jack Halbert</i>	9:00-9:45 YS * True Barre <i>Jasmine Danielle</i>
7:00-7:45 YS * Barre <i>Sam Stedry</i>	6:30-7:15 CS * Precision Ride <i>Scott Wiley</i>	7:00-7:45 YS * True Barre <i>Cassie Liveris</i>	6:30-7:15 CS * Precision Ride <i>Michael Wollpert</i>	7:00-7:50 YS * Pilates Rise <i>Shana Peters</i>	9:00-10:00 YS * Vinyasa Yoga (HEATED) <i>Christy Pemrick</i>	9:15-10:00 MS * Tabata Max <i>Stephan Kunca</i>
7:15-8:00 CS * Beats Ride <i>Angela Leigh</i>	6:45-7:35 TR * Precision Run@ <i>Tammy Whyte</i>	7:15-8:00 CS * Anthem Ride <i>Marquis Johnson</i>	6:45-7:35 TR * Precision Run@ <i>Tammy Whyte</i>	7:15-8:00 CS * Anthem Ride <i>Marquis Johnson</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 * Cardio Sculpt <i>Glenn Snellgrose</i>	7:00-7:45 MS * Kettlebell Power <i>Katie Schneider</i>	7:15-8:00 MS * Athletic Conditioning <i>Devin Buchanan</i>	7:00-7:45 MS * Tabata Max <i>Eleonora Davidkova</i>	7:15-8:00 MS * Rounds: Boxing <i>Katie Schneider</i>	9:30-10:15 MS * Stacked <i>Julie Bellis</i>	10:15-11:05 MS * Rhythmic Sculpt <i>Chelsea Wolfe</i>
8:00-8:45 YS * Pilates Fusion <i>Shana Peters</i>	7:15-8:15 YS * Sculpted Yoga™ <i>Chelsea Wolfe</i>	7:45-8:35 TR * Precision Walk: Elevate <i>Francesca Rollo</i>	7:15-8:15 YS * Power Vinyasa (HEATED) <i>Sammi Callaghan</i>	8:15-9:05 TR * Precision Run@ <i>Shana Peters</i>	10:15-11:00 YS * Barre (HEATED) <i>Meisha Reid</i>	10:30-11:15 CS * Anthem Ride <i>Marquis Johnson</i>
9:15-10:00 MS * Body Sculpt <i>Devin Buchanan</i>	8:30-9:15 YS * Barre <i>Sam Stedry</i>	8:00-8:50 YS * Pilates Rise <i>Dan Hurst</i>	8:30-9:15 YS * Barre (HEATED) <i>Jill Sellers</i>	9:00-9:45 YS * Barre <i>Cassie Liveris</i>	10:30-11:15 MS * The Cut <i>Julie Bellis</i>	11:15-12:00 MS * Rounds: Boxing <i>Abigail Moseman</i>
11:15-12:00 YS * Off The Barre <i>Glenn Snellgrose</i>	8:45-9:30 CS * Anthem Ride <i>Marquis Johnson</i>	9:00-10:00 YS * Vinyasa Yoga (HEATED) <i>April Falcon</i>	8:45-9:30 CS * Anthem Ride <i>Jude McCarthy</i>	9:15-10:00 MS * Kettlebell Power <i>Julie Bellis</i>	10:45-11:30 CS * Beats Ride <i>Dylan Eike</i>	11:30-12:15 YS * Pilates Fusion <i>Anna Brush</i>
12:15-1:00 YS * Pilates Fusion <i>Bonnie Bushnell</i>	9:30-10:15 MS * Stronger <i>Cassie Liveris</i>	11:15-12:05 YS * Pilates Rise <i>Julie Valenti</i>	9:30-10:20 MS * Rhythmic Sculpt <i>Glenn Snellgrose</i>	11:15-12:00 YS * Pilates Fusion <i>Julie Valenti</i>	11:15-12:00 YS * Off The Barre <i>Meisha Reid</i>	12:30-1:15 YS * Barre <i>Susan Mowder</i>
12:30-1:15 MS * Stronger <i>Devin Buchanan</i>	11:00-11:45 YS * Bala Bangle Barre Burn <i>Cassie Liveris</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Glenn Snellgrose</i>	11:00-11:45 YS * Pilates Fusion <i>Andrea Rubenstein</i>	11:45-12:30 CS * Beats Ride <i>Marquis Johnson</i>	11:30-12:15 MS * Stronger <i>Glenn Snellgrose</i>	1:30-2:15 YS * Pilates Fusion (HEATED) <i>Dan Hurst</i>
3:15-4:00 YS * Pilates Mat <i>Cassie Liveris</i>	12:00-12:45 MS * Stacked <i>Devin Buchanan</i>	12:30-1:15 MS * Stronger <i>Julie Bellis</i>	12:00-12:45 MS * Best Butt Ever <i>Julie Valenti</i>	11:45-12:35 TR * Precision Walk: Elevate <i>Francesca Rollo</i>	12:15-1:15 YS * Power Vinyasa <i>Woni Lang</i>	3:00-4:00 YS * Vinyasa Yoga (HEATED) <i>Lauren Twombly</i>
4:15-5:00 YS * Barre <i>Cassie Liveris</i>	12:00-12:45 YS * Pilates Mat <i>Jordan Tallman</i>	3:15-4:00 YS * EQX Barre Burn <i>Glenn Snellgrose</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Allison English</i>	12:15-1:00 YS * True Barre <i>Cassie Liveris</i>	12:30-1:15 MS * Best Stretch Ever <i>Chelsea Wolfe</i>	4:30-5:30 YS * Weekend Wind Down Yoga <i>Lauren Twombly</i>
4:30-5:15 MS * Best Butt Ever <i>Julie Bellis</i>	3:30-4:15 YS * True Barre <i>Cassie Liveris</i>	4:15-5:00 YS * Pilates Fusion <i>Bonnie Bushnell</i>	3:30-4:15 YS * Off The Barre <i>Meisha Reid</i>	12:30-1:15 MS * Cardio Sculpt <i>Jill Sellers</i>	3:00-4:00 YS * Gentle Yoga <i>Chelsea Wolfe</i>	
5:15-6:00 CS * Anthem Ride <i>Marquis Johnson</i>	4:00-4:45 MS * Rhythmic Sculpt <i>Jill Sellers</i>	4:30-5:15 MS * Tabata Max <i>Shannon Knobloch</i>	4:30-5:15 YS * Barre <i>Susan Mowder</i>	3:15-4:00 YS * Barre <i>Jill Sellers</i>	4:15-5:15 YS * Sculpted Yoga™ <i>Chelsea Wolfe</i>	
5:15-6:00 YS * Barre Beyond <i>Jaclyn Walters</i>	4:30-5:30 YS * Power Vinyasa (HEATED) <i>Zacharias Niedzwiecki</i>	5:15-6:00 YS * Bala Bangle Barre Burn <i>Bonnie Bushnell</i>	5:00-5:45 MS * Best Butt Ever <i>Devin Buchanan</i>	4:15-5:05 MS * Rhythmic Sculpt <i>Chelsea Wolfe</i>	4:15-5:15 YS * Vinyasa Yoga <i>Alison Riazzi</i>	
5:30-6:15 MS * Stronger <i>Julie Bellis</i>	5:00-5:45 MS * Whipped! <i>Eleonora Davidkova</i>	5:30-6:20 MS * Rhythmic Sculpt <i>Jack Halbert</i>	5:15-6:00 CS * Beats Ride <i>Dylan Eike</i>	4:15-5:15 YS * Vinyasa Yoga <i>Alison Riazzi</i>	4:45-5:30 CS * Beats Ride <i>Jaela Alvarez</i>	
6:15-7:05 TR * Precision Run@ <i>Tammy Whyte</i>	5:15-6:00 CS * Beats Ride <i>Angela Leigh</i>	5:45-6:30 CS * Beats Ride <i>Will Haley</i>	5:30-6:20 YS * Pilates Rise <i>Angela Leigh</i>	4:45-5:30 CS * Beats Ride <i>Jaela Alvarez</i>	5:15-6:00 MS * Stronger <i>Zane Glotzbach</i>	
6:15-7:00 YS * True Barre <i>Lindsay Nolden</i>	5:30-6:20 TR * Precision Run@ <i>Michael Wollpert</i>	6:15-7:05 TR * Precision Walk: Elevate <i>Tammy Whyte</i>	6:00-6:45 MS * Stronger <i>Devin Buchanan</i>	5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Chelsea Wolfe</i>		
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6:30-7:15 MS * Rounds: Boxing <i>April Falcon</i>	6:00-6:45 MS * MetCon3 <i>Glenn Snellgrose</i>	7:00-7:15 MS * Upper Body Pump <i>Jack Halbert</i>	7:00-7:45 MS * Barre Beyond <i>Jaclyn Walters</i>			
7:15-8:15 YS * Power Vinyasa (HEATED) <i>Woni Lang</i>	6:30-7:15 CS * Anthem Ride <i>Zane Glotzbach</i>	7:30-8:15 MS * Best Abs Ever <i>Jack Halbert</i>				
7:30-8:15 MS * Barefoot Sculpt <i>Lindsay Nolden</i>	6:45-7:45 YS * Gentle Yoga <i>Lauren Twombly</i>	7:30-8:15 MS * Pilates Mat <i>Patty Boyle</i>				
	7:00-7:45 MS * Pilates Fusion <i>Angela Leigh</i>	7:30-8:15 YS * Vinyasa Yoga <i>Christy Pemrick</i>				

# EQUINOX

## LINCOLN COMMON

2355 North Lincoln Avenue

CHICAGO IL 60614

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

glenn.snellgrose@equinox.com

## 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.

**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.

**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.

**Power Vinyasa (HEATED)** 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.

**Vinyasa Yoga (HEATED)** 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.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**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 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** 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.

**Barre (HEATED)** 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.

**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.

**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 (HEATED)** 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.

## 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 Fusion (HEATED)** 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.

**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.

## 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.

## 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.

**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.

**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.