

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

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

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.

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.

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 Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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 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.

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.

Stretch and Recovery

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 additive music and inspiring coaching.

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.