

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
6:00 - 6:45 pureMUSCLE MS Shana Peters	5:45 - 6:30 * Rhythm Revolution CS Robbie Schy	6:00 - 6:45 * Power RIDE! CS Susan Emer	5:45 - 6:30 * Power RIDE! CS Robbie Schy	8:00 - 8:50 * Interval Cycling CS Susan Emer	8:00 - 9:00 METCON3 MS Corey Jones	8:15 - 9:25 Vinyasa Yoga (L2/3) YS Andrew Gurvey
6:00 - 7:00 Vinyasa Yoga YS Mariann Fishbein	6:00 - 6:45 Elimin8tor MS Stacey Slater	6:00 - 6:50 * Precision Running® TR Corey Jones	6:00 - 6:45 I.T.V. interval training MS Stacey Slater	8:00 - 8:55 Barre Burn (L1/2) YS Ellen Morgan	9:00 - 10:00 * Interval Cycling CS Haley Stone	8:30 - 9:20 pureMUSCLE MS Carlee Georgas
8:00 - 8:50 * Rhythm Revolution CS Andrea Rubenstein	6:30 - 7:30 Core Vinyasa Flow YS Dianne Banta	8:00 - 8:55 Pilates (L1/2) YS Ellen Morgan	8:15 - 9:15 Yoga YS Nicole Gehbauer	8:30 - 9:20 METCON3 MS Carlee Georgas	9:30 - 10:40 Yoga Flow (L2/3) YS Christy O'Brien	9:30 - 10:20 * All Terrain Cycling CS Ellen Morgan
8:30 - 9:20 CrossTraining MS Revolution Carlee Georgas	8:00 - 8:50 * Power RIDE! CS Joanna Tomczynska	8:30 - 9:20 Cardio Blast MS Corey Jones	8:30 - 9:00 Stacked! MS Carlee Georgas	9:00 - 9:25 Athletic Stretch & YS Release Susan Emer		9:30 - 10:20 Elimin8tor MS Carlee Georgas
9:30 - 10:20 * Max Performance Cycling - MPC CS Robbie Schy	8:00 - 9:00 Inside Out Barre MS Ellen Morgan	9:15 - 10:25 Vinyasa Yoga YS Nicole Gehbauer	9:00 - 9:30 Above the Belt MS Carlee Georgas	9:30 - 10:25 Triple Threat: C3 (L2/3) MS Andrea Rubenstein		
9:30 - 10:25 Triple Threat: C3 (L2/3) MS Shana Peters	8:15 - 9:15 Yoga Fundamentals YS Mia Cutler	9:30 - 10:25 * Max Performance Cycling - MPC CS Andrea Rubenstein	9:30 - 10:15 * Rhythm Revolution CS Robbie Schy	9:30 - 10:20 Pilates Fusion YS Susan Emer		
9:30 - 10:25 Pilates YS Ellen Morgan	9:15 - 10:00 * All Terrain Cycling CS Ellen Morgan	9:30 - 10:25 * TRX MAX MS Shana Peters	9:30 - 10:20 Best Butt Ever MS Haley Stone	10:30 - 11:30 Inside Out Barre MS Andrea Rubenstein		
10:30 - 11:15 Definitions MS Corey Jones	9:15 - 10:00 Hydro Evolution PD Joanna Tomczynska	10:30 - 11:30 Barre Burn MS Andrea Rubenstein	10:30 - 11:30 WERQ MS Haley Stone	10:30 - 11:30 Vinyasa Flow Yoga YS Mia Cutler		
10:30 - 11:30 Yoga Flow YS Mia Cutler	9:30 - 10:40 Vinyasa Flow Yoga YS Zoe Nitsun	10:30 - 11:00 Athletic Stretch & YS Release Susan Emer				
	10:45 - 11:30 Pilates Fusion YS Shana Peters					
	12:00 - 12:45 * TRX Suspension MS Workout Shana Peters		12:00 - 12:45 Circuit Challenge MS Team Equinox			
5:30 - 6:15 * Detox Cycle! CS Corey Jones	5:00 - 5:45 Pilates Bootcamp MS Susan Emer	5:30 - 6:15 pureMUSCLE MS Shana Peters	5:30 - 6:15 * Rhythm Revolution CS Robbie Schy			
5:30 - 6:15 Inside Out Barre MS Andrea Rubenstein	6:00 - 6:45 Circuit Challenge MS Team Equinox	5:45 - 6:45 Vinyasa Yoga YS Stephanie Adler				
5:45 - 6:45 Yoga Flow YS Stephanie Metz	6:30 - 7:30 Hatha Blend YS Susan Emer					
6:15 - 7:00 METCON3 MS Andrea Rubenstein						

## JULY 4TH 2015 - CLASS DESCRIPTIONS

### HIGHLAND PARK

799 Central Avenue  
Highland Park IL 60035  
847.681.7777  
equinox.com

#### CLASS SCHEDULE LEGEND

**BOLD** New Class, Instructor or Time  
\* Sign-up required (available 30 min prior to start of class)

#### CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome

L1 Beginner  
L1/2 Beginner/Intermediate  
L2 Intermediate  
L2/3 Intermediate/Advanced  
L3 Advanced/Practiced

#### STUDIO KEY

CS Cycling Studio  
MS Main Studio  
PD Pool Deck  
YS Yoga Studio  
TR Treadmill Area

#### ABOVE THE BELT

A complete upper body workout in one 30-minute session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

#### ALL TERRAIN CYCLING

This class is designed to provide the riders with strength to climb steep hills on unpaved surfaces, or trails and skill to negotiate fast descents. Whether the goal is fitness training, weight loss or an alternative to bad weather. This class will motivate you!

#### ATHLETIC STRETCH & RELEASE

The perfect class for balancing out stressed, tight muscles, using a variety of equipment and blankets.

#### BARRE BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

#### BEST BUTT EVER

Best Butt Ever is strategically engineered to lift and shape your hottest asset this summer. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

#### CARDIO BLAST

Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

#### CIRCUIT CHALLENGE

Bosus, Kettlebells, ViPRs, Body Bars, plyometrics, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

#### CORE VINYASA FLOW

A vigorous but dynamic flowing practice linking breath to posture with focus on the core to create deeper connection to the center, develop greater physical strength, and support the body to expand and align to its' optimum potential.

#### CROSSTRaining REVOLUTION

A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

#### DEFINITIONS

An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

#### DETOX CYCLE!

We know you work hard and PLAY harder-especially after the work week. Sweat out all the weekend naughty to feel rejuvenated for the rest of the week! Short interval drills, power hills, and endurance thrills, all over a pumping soundtrack, will set you up till the next weekend!

#### ELIMINATOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

#### HATHA BLEND

A hybrid between different styles of teaching incorporating strength, grace and alignment to create a challenging yet safe practice.

#### HYDRO EVOLUTION

This class focuses on sculpting the body in the serenity of water. Water resistance equipment delivers a full body workout experience that will get you the results you were looking for while at the same time keeping it gentle on the joints and muscles.

#### I.T.V. INTERVAL TRAINING

Interval training has never been this much fun! Join us for a mixture of muscle conditioning and high energy cardio exercises that will shape and define. Class format will vary, so expect the unexpected!

#### INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

#### INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

#### MAX PERFORMANCE CYCLING - MPC

Break away from the pack with Max Performance Cycling and incorporate TOP training principals to get you in your best shape ever. Train with the most exciting indoor ride--simulating steep climbs, rolling hills, flat road, intervals and breakaway attacks. Heart rate monitors welcomed!

#### METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

#### PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

#### PILATES BOOTCAMP

Intense mat sequences and variations of the Pilates exercises using different pieces of equipment. Are you ready to take your Pilates experience to the next level? Give your existing Pilates routine a boost!

#### PILATES FUSION

Series of exercises performed on a mat to complement different elements of pilates core and posture work focusing on powerhouse strengthening exercises and increasing flexibility.

#### POWER RIDE!

A powerful and strong interval training routine that never stops building as you go on a ride like none other! A 45 minute ride that is perfect for fitness enthusiasts, recreational and serious cyclists, and tri-athletes in-training!

#### PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

#### PUREMUSCLE

Enjoy this muscular workout that will tighten and tone for a lean body. This resistance class uses equipment like barbells and hand weights and is a great counterbalance to all other muscle conditioning classes and is perfect for all levels.

#### RHYTHM REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

#### STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

#### TRIPLE THREAT: C3

An intense fusion of Cardio drills, Core strengthening and Climbing of stairs..The 3 C's. Guaranteed to push your body into a lean, calorie burning machine.

#### TRX MAX

Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

#### TRX SUSPENSION WORKOUT

Turn your workout upside down and change your body without lifting a single weight! This workout makes use of a simple strap with handles whose suspension design uses body weight and the laws of physics to create hundreds of exercise progressions with virtually unlimited levels of resistance. The program includes 250+ highly functional exercises to develop lean and powerful muscle throughout the entire body.

#### VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

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A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

#### WERQ

WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. No dance experience needed in this calorie-crushing, cardio dance experience. Are you ready to WERQ?

#### YOGA

A balanced and innovative approach to the traditional and popular Eastern Practice combining elements unique to each Instructor's experience and incorporating work from various styles including Ashtanga, Hatha, Vinyasa, Iyengar and Forest.

#### YOGA FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

#### YOGA FUNDAMENTALS

For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.