

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 * Studio Cycling CS Ed Dailey 6:30 - 7:15 Eliminator MS Julie Bellis 7:00 - 7:45 Yoga Express YS Todd Rhoades 7:15 - 8:00 Jump Train MS Julie Bellis 8:00 - 8:45 Barre Burn MS Todd Rhoades 9:00 - 9:45 Best Body Breakthru MS Jenn Hogg 9:00 - 10:15 Vinyasa Yoga (L2) YS Allison English 9:45 - 10:00 Stretch Therapy MS Jenn Hogg 10:00 - 11:00 Move and Groove MS Perry Denton 10:00 - 10:45 Hydro Evolution PD Lisa Kucharski 11:45 - 12:30 Pilates YS Todd Rhoades	6:30 - 7:15 Body Blast MS Katie Simmons 6:30 - 7:30 yogAWAKENING YS Todd Rhoades 7:15 - 8:00 Cardio Junkie MS Corey Jones 8:00 - 8:45 Definitions MS Corey Jones 8:45 - 9:10 Stretch Therapy MS Corey Jones 9:00 - 9:45 * Rhythm Revolution CS Lisa Payne 9:15 - 10:00 Dance! MS Perry Denton 10:00 - 11:00 Restorative Yoga YS Stephanie Metz 11:15 - 11:45 Core Values Conditioning MS Andrea Rubenstein 11:45 - 12:30 METCON3 MS Andrea Rubenstein	6:15 - 7:10 * Precision Running TR Jim Jalove 6:30 - 7:15 * Rhythm Revolution CS Lisa Payne 7:00 - 7:45 Yoga Express YS Amanda Mausner 7:15 - 8:00 Tabata Circuit MS Jim Jalove 8:00 - 8:45 Barre Burn MS Joanna Tomczynska 9:00 - 9:45 Cardio Cross-Train MS Jon Gestl 9:45 - 10:00 Stretch Therapy MS Jon Gestl 10:00 - 11:00 Move and Groove MS Joanna Tomczynska 10:00 - 10:45 Aqua Boot Camp PD Jim Jalove 10:30 - 11:30 Vinyasa Yoga YS Cat Aldana 11:45 - 12:30 Shockwave MS Julie Bellis	6:30 - 7:15 rockin'STRENGTH! MS Julie Bellis 6:30 - 7:30 yogAWAKENING YS Allison English 7:15 - 8:00 Jump Train MS Julie Bellis 8:00 - 8:45 Hard Body Meltdown MS Katie Simmons 8:45 - 9:10 Stretch Therapy MS Karem Tonsy 9:00 - 9:45 * Rhythm Revolution CS Joanna Tomczynska 9:15 - 10:00 Dance! MS Karem Tonsy 10:00 - 11:00 Restorative Yoga YS Stacy Levy 11:15 - 11:45 Core Values Conditioning MS Andrea Rubenstein 11:45 - 12:30 Stacked! MS Andrea Rubenstein	6:15 - 7:00 Swim Team PD Ed Dailey 6:30 - 7:15 * Interval Cycling CS Emily Stubler 7:00 - 7:45 Whipped! MS Jim Jalove 8:00 - 8:45 Barre Burn MS Karem Tonsy 9:00 - 9:45 Cardio Core Ball MS Jon Gestl 9:00 - 10:00 Vinyasa Yoga YS Chrissy Gonzalez 9:45 - 10:30 Body Sculpt MS Jon Gestl 10:00 - 10:45 Hydro Evolution PD Karem Tonsy 10:00 - 10:45 Pilates Fusion YS Jenn Hogg	8:00 - 8:45 METCON3 MS Jenn Hogg 8:00 - 8:45 Barre Burn YS Andrea Rubenstein 8:45 - 9:30 Kettle Bell Circuit MS Jenn Hogg 9:00 - 9:45 * Studio Cycling CS Andrea Rubenstein 9:00 - 10:15 Vinyasa Yoga YS Chrissy Gonzalez 9:30 - 10:15 Cardio Junkie MS Katie Simmons 10:00 - 10:45 * Interval Cycling CS Corey Jones 10:00 - 10:45 Hydro Evolution PD Andrea Rubenstein 10:00 - 10:50 * Precision Running TR Jenn Hogg 10:15 - 11:15 pureMUSCLE MS Katie Simmons 10:15 - 11:00 Stretch Therapy YS Chrissy Gonzalez 11:00 - 11:45 Pilates YS Eda Cakmak-Yetgen	9:00 - 9:45 * Rhythm Revolution CS Lisa Payne 9:00 - 9:45 Cardio Step MS Jon Gestl 9:45 - 10:30 Body Sculpt MS Jon Gestl 10:00 - 10:45 Aqua Boot Camp PD Nena Bush 10:00 - 11:30 Powerflow Yoga (L2/3) YS Allison English 11:30 - 12:30 Yoga Fundamentals YS Allison English
12:00 - 12:45 Body Blast MS Tonya Dugger 12:15 - 12:45 * Tread and Shred TR Mike Nickles 12:45 - 1:00 Ab Lab MS Tonya Dugger	12:00 - 1:00 Powerflow Yoga YS Stephanie Metz 12:30 - 1:15 Barre Burn MS Andrea Rubenstein	12:00 - 1:00 Core Flow Yoga YS Hannah Marthaler 12:30 - 1:00 Body Sculpt MS Julie Bellis	12:00 - 1:00 Vinyasa Yoga YS Chrissy Gonzalez 12:30 - 1:15 Barre Burn MS Andrea Rubenstein	12:00 - 12:45 Eliminator MS Jim Jalove 12:00 - 1:15 Slow Flow Yoga YS Stacy Levy 12:15 - 12:45 * Tread and Shred TR Mike Nickles	12:00 - 12:45 Stacked! MS Jim Jalove 12:45 - 1:00 Ab Lab MS Jim Jalove	4:30 - 5:45 Candlelight Flow Yoga YS Hannah Marthaler
5:30 - 5:45 Ab Lab MS Katie Simmons 5:30 - 6:15 Pilates Fusion YS Joanna Tomczynska 5:45 - 6:30 PureStrength! MS Katie Simmons 6:15 - 7:30 Vinyasa Flow Yoga YS Stacy Levy 6:30 - 7:15 * Rhythm Revolution CS Barb Fellars 6:30 - 7:15 Cardio Junkie MS Katie Simmons 7:15 - 8:00 Barre Burn MS Karem Tonsy 7:15 - 8:00 Swim Team PD Emily Stubler	5:30 - 6:15 Eliminator MS Jenn Hogg 5:30 - 6:15 Hydro Evolution PD Karem Tonsy 5:45 - 6:30 Pilates YS Todd Rhoades 6:00 - 6:45 * Studio Cycling CS Kristie Hawkins 6:15 - 6:30 Ab Lab MS Jenn Hogg 6:30 - 7:15 Dance! MS Karem Tonsy 6:30 - 7:30 Slow Flow Yoga YS Todd Rhoades 7:00 - 7:50 * Precision Running TR Kristie Hawkins 7:15 - 7:45 Stretch Therapy MS Karem Tonsy	5:30 - 6:15 Circuit Challenge MS Jenn Hogg 5:30 - 6:15 Core Flow Yoga YS Stacy Levy 6:15 - 6:30 Core Values MS Conditioning Jenn Hogg 6:15 - 7:30 Powerflow Yoga YS Stacy Levy 6:30 - 7:15 * Rhythm Revolution CS Emily Stubler 6:30 - 7:15 Boxing Boot Camp MS Tonya Dugger 7:15 - 8:00 Barre Burn MS Eda Cakmak-Yetgen	5:30 - 6:15 Whipped! MS Joanna Tomczynska 6:00 - 6:45 * Interval Cycling CS Corey Jones 6:15 - 6:30 Ab Lab MS Joanna Tomczynska 6:30 - 7:15 Dance! MS Joanna Tomczynska 6:30 - 8:00 Vinyasa Yoga (L2) YS Wade Gotwals 7:00 - 7:50 * Precision Running TR Corey Jones 7:15 - 7:45 Stretch Therapy MS Joanna Tomczynska	5:45 - 6:30 Tabata Circuit MS Emily Stubler 5:45 - 6:30 Pilates Fusion YS Eda Cakmak-Yetgen 6:30 - 7:15 * Rhythm Revolution CS Emily Stubler		

JANUARY 2015 - CLASS DESCRIPTIONS

GOLD COAST

900 North Michigan
Chicago IL 60611
312.254.2500
equinox.com

CLUB HOURS

Mon-Thu: 5:00am - 10:00pm
Fri: 5:00am - 9:00pm
Sat & Sun: 7:00am - 8:00pm

BULLETIN BOARD

STUDIO ETIQUETTE

For Safety reasons, no personal belongings-including cell phones-are allowed in our studios and members may not enter class once the warm up is complete. Please see management for a complete list of our studio rules or with questions. Thank you

POOL CLOSURES FOR GF CLASSES

The Equinox pool will be closed to lap swimming at the following times:

Mondays: 9:55-10:45am & 7:10-8:00pm

Wednesdays: 9:55-10:45am

Fridays: 6:10-7:00am & 10:00-10:45am

Saturdays: 9:55-10:45am

Sundays: 9:55-10:45am

Thank you for your cooperation.

POOL CLOSURES FOR R.I.C.

The Equinox pool will be closed at the following times for RIC patient rehab.

Mondays: 3:00-4:00PM

Thurs & Fridays:

11:00AM-12:00PM

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

AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

AQUA BOOT CAMP

A great fun workout to kick off your new year fitness goals. Get stronger and leaner without impact on your joints with Aqua Boot Camp Training using Water Resistance, Weights and Noodles. Great core training, and total body workout for all levels. Pool is reserved for class participants only

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 BODY BREAKTHRU

This program is perfect to BUILD your best body, BOOST fat-burning and JUMP start your energy. Progressive full body strength training meets sweat inducing, heart pumping cardio intervals. Get moving now with a Body Breakthru!

BODY BLAST

Nonstop cutting-edge strength workout using various equipment to achieve maximum results in minimum time.

BODY SCULPT

A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

BOXING BOOT CAMP

Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

CANDLELIGHT FLOW YOGA

Step into a candlelit room and let go of the stress of the day with this physically challenging and spiritually energizing style of yoga. Sun salutations, inversions, backbends and restorative postures lead to savasana.

CARDIO CORE BALL

All you need for total body transformation in one workout. Non-stop functional movement with an emphasis on core-definition, fat-burning and strength. You'll be amazed at the intensity... and the results.

CARDIO CROSS-TRAIN

Your heart pumps as the stressors change--low-impact, step, hi-impact, plyometrics, sports conditioning, and funk. Burn the calories, work the heart, and move with a groove. You get it ALL!

CARDIO JUNKIE

For those of you addicted to cardio but who want results. Interval cardio blasts varied in modality and intensity yet full of fun to motivate and inspire you to give your 'all.' For real body transformation, combine with a strength workout of your choice.

CARDIO STEP

A challenging cardiovascular workout consisting of choreographed combinations on and around the classic Step platform.

CIRCUIT CHALLENGE

Bosu, 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 FLOW YOGA

Dynamic yoga with strong core work. Use Pilates-inspired awareness of the body as a whole to find release from stress patterns and strength where you need it most. Super helpful to create physical stability and increase physical and mental mindfulness. Finish with a deep relaxation.

CORE VALUES CONDITIONING

Create the foundation for a truly integrated core that will take your strength and stability to the next level. A series of core focused exercises targeting the frontal, spiral and lateral lines for total mastery of movement.

DANCE!

Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop. Benefits include overall cardiovascular conditioning.

DEFINITIONS

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

ELIMIN8TOR

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.

HARD BODY MELTDOWN

Step up for a Hard Body Meltdown. High Riser Step Training for leg shaping, butt lifting cardio moves and focused resistance training to create sleek and strong muscles and total body fitness.

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.

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.

JUMP TRAIN

Burn hundreds of calories and learn to build amazing functional strength! Intervals of jumping rope, plyometric drills, and functional body sculpting will concentrate your workout and deliver that lean and strong body you want!

KETTLE BELL CIRCUIT

Shake things up! Alternate dynamic Kettle Bell training with combined athletic drills, plyometric and strength training. Circuit train your workout into a calorie blasting, sweat inducing, efficient interval workout.

METCONS

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.

MOVE AND GROOVE

A non-stop movement experience for anyone and everyone. Fun fast paced dance oriented cardio workout minus difficult routines to memorize. Learn to love just moving to the music, and enjoying your body.

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 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.

POWERFLOW YOGA

A dynamic, physically and spiritually energizing form of yoga that sculpts every muscle in the body. Linking one movement into the next for a fabulous flow, and then holding the poses.

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. Sign-up is required at the front desk. 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.

PURESTRENGTH!

Mark Hendrick's complete body conditioning class. All muscle groups are explored in this constant functional movement class with cardio components.

RESTORATIVE YOGA

Restore the body and renew the spirit as you quiet the mind with this passive, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of yoga props helps to support and ease the body into poses held over extended time. As body relaxes, the mind grows still.

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.

ROCKIN'STRENGTH!

This full body workout flip flops from High and Low repetitions- The low repetition makes you stronger while the High repetition makes you toned. His unique sequence of exercises that use the BOSU, Body bars and dumbbells leave you with a high yet safe intensity workout.

SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the Indo-Row machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results! Sign-up is required at the front desk.

SLOW FLOW YOGA

Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

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.

STRETCH THERAPY

Major muscle groups are stretched actively with use of a rope for added benefits. May include A.I. (active isolated) and other techniques. Increases flexibility. All levels.

STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

SWIM TEAM

An intermediate/advanced class synonymous with high caliber training sessions. Participants must be able to swim 100 yards freestyle for the hour. Times-BEG: 2:15/INT:1:55/ADV: 1:30. Pool is reserved for class participants only. Class size limited. Sign-up at front desk 30-minutes prior to class.

TABATA CIRCUIT

At your request we combined the best of two classes: the movement of Whipped, and the intensity of Tabata. This cardio/strength circuit workout with tabata intervals keeps you moving and consistently introduces new challenges for the full body. It's all or nothing in this breathless workout.

TREAD AND SHRED

A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

VINYASA FLOW YOGA

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

VINYASA YOGA

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.

WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

YOGA EXPRESS

A great class for beginners who are working on building their flow endurance. Also perfect for more advanced students who are limited on time. Build the bond between your poses and your breath in this 45 minute format.