

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
<p>6:30 - 7:15 * Studio Cycling CS Ed Dailey</p> <p>8:00 - 8:45 Barre Burn MS Werner Martin</p> <p>9:00 - 9:45 Best Body Breakthru MS Jenn Hogg</p> <p>9:00 - 10:15 Vinyasa Yoga (L2) YS Stacy Levy</p> <p>9:45 - 10:00 Stretch Therapy MS Jenn Hogg</p> <p>10:00 - 10:45 Hydro Evolution PD Lisa Kucharski</p> <p>11:45 - 12:30 Pilates YS Joanna Tomczynska</p>	<p>6:15 - 7:15 Body Blast MS Katie Simmons</p> <p>7:15 - 8:00 Cardio Junkie MS Corey Jones</p> <p>8:00 - 8:45 Definitions MS Corey Jones</p> <p>9:00 - 9:45 Dance! MS Perry Denton</p> <p>9:45 - 10:00 Restorative Stretch MS Perry Denton</p> <p>10:00 - 11:00 Restorative Yoga YS Stephanie Metz</p> <p>11:45 - 12:30 METCON3 MS Andrea Rubenstein</p>	<p>6:30 - 7:15 * Rhythm Revolution CS Lisa Payne</p> <p>7:00 - 7:45 Tabata Circuit MS Nicole Newman</p> <p>8:00 - 8:45 Barre Burn MS Joanna Tomczynska</p> <p>9:00 - 9:45 Cardio Cross-Train MS Julie Bellis</p> <p>9:00 - 9:45 Dance Fitness Workout YS Joanna Tomczynska</p> <p>9:45 - 10:00 Stretch Therapy MS Julie Bellis</p> <p>9:45 - 10:00 Core Strength & Stretch YS Joanna Tomczynska</p> <p>10:00 - 10:45 Aqua Boot Camp PD Joanna Tomczynska</p> <p>10:30 - 11:30 Vinyasa Yoga YS Cat Aldana</p>	<p>6:15 - 7:15 rockin'STRENGTH! MS Carla Coelho</p> <p>7:15 - 8:00 Cardio Junkie MS Katie Simmons</p> <p>8:00 - 8:45 Hard Body Meltdown MS Katie Simmons</p> <p>9:00 - 9:45 Dance! MS Karem Tonsy</p> <p>9:45 - 10:00 Restorative Stretch MS Karem Tonsy</p> <p>10:00 - 11:00 Restorative Yoga YS Stacy Levy</p> <p>11:45 - 12:30 Stacked! MS Andrea Rubenstein</p>	<p>6:30 - 7:15 * The Pursuit: Build CS Jenn Hogg</p> <p>7:00 - 7:45 Whipped! MS Jim Jalove</p> <p>8:00 - 8:45 Barre Burn MS Karem Tonsy</p> <p>9:00 - 9:45 Cardio Core Ball MS Jon Gestl</p> <p>9:00 - 10:00 Hatha Yoga YS Chrissy Gonzalez</p> <p>9:45 - 10:30 Body Sculpt MS Jon Gestl</p> <p>10:00 - 10:45 Hydro Evolution PD Karem Tonsy</p>	<p>8:00 - 8:45 Barre Burn YS Andrea Rubenstein</p> <p>9:00 - 9:45 * Studio Cycling CS Andrea Rubenstein</p> <p>9:00 - 10:15 Vinyasa Yoga YS Sonja Spray</p> <p>10:00 - 11:00 pureMUSCLE MS Andrea Rubenstein</p>	<p>9:00 - 9:45 * Rhythm Revolution CS Lisa Payne</p> <p>9:00 - 9:45 Cardio Step MS Jon Gestl</p> <p>9:45 - 10:30 Body Sculpt MS Jon Gestl</p> <p>10:00 - 10:45 Aqua Boot Camp PD Kareem Abdul-Jabbar</p> <p>10:00 - 11:30 Powerflow Yoga (L2/3) YS Werner Martin</p>
<p>12:00 - 12:45 Best Butt Ever MS Tonya Dugger</p> <p>12:15 - 1:00 * The Pursuit: Burn CS Julie Bellis</p> <p>12:15 - 1:00 RunCross® CL Mike Nickles</p>	<p>12:00 - 1:00 Powerflow Yoga YS Stephanie Metz</p> <p>12:30 - 1:15 Barre Burn MS Andrea Rubenstein</p>	<p>12:00 - 12:45 Shockwave MS Julie Bellis</p> <p>12:00 - 12:45 Pilates Fusion YS Hannah Marthaler</p>	<p>12:00 - 1:00 Vinyasa Yoga YS Chrissy Gonzalez</p> <p>12:30 - 1:15 Barre Burn MS Andrea Rubenstein</p>	<p>12:00 - 1:15 Slow Flow Yoga YS Stacy Levy</p>		
<p>5:30 - 5:45 Ab Lab MS Katie Simmons</p> <p>5:30 - 6:15 Pilates Fusion YS Joanna Tomczynska</p> <p>5:45 - 6:30 PureStrength! MS Katie Simmons</p> <p>6:15 - 7:30 Vinyasa Flow Yoga YS Kat Pummill</p> <p>6:30 - 7:15 * Rhythm Revolution CS Barb Fellars</p> <p>6:30 - 7:15 Cardio Junkie MS Katie Simmons</p> <p>7:15 - 8:00 Barre Burn MS Karem Tonsy</p> <p>7:15 - 8:00 Open Swim PD</p>	<p>5:30 - 6:15 Eliminator MS Jenn Hogg</p> <p>5:30 - 6:15 Hydro Evolution PD Joanna Tomczynska</p> <p>5:45 - 6:30 Pilates YS Werner Martin</p> <p>6:00 - 6:45 * Studio Cycling CS Kristie Hawkins</p> <p>6:15 - 6:30 Ab Lab MS Jenn Hogg</p> <p>6:30 - 7:15 Dance! MS Joanna Tomczynska</p> <p>6:30 - 7:30 Slow Flow Yoga YS Werner Martin</p> <p>7:00 - 7:50 * Precision Running® TR Kristie Hawkins</p>	<p>5:30 - 6:15 Circuit Challenge MS Jenn Hogg</p> <p>5:30 - 6:15 Restorative Yoga YS Stacy Levy</p> <p>6:15 - 6:30 Core Values Conditioning MS Jenn Hogg</p> <p>6:15 - 7:30 Powerflow Yoga YS Stacy Levy</p> <p>6:30 - 7:15 * Rhythm Revolution CS Jenn Hogg</p> <p>6:30 - 7:15 Boxing Boot Camp MS Tonya Dugger</p>	<p>5:30 - 6:30 * Ropes & Rowers MS Jim Jalove</p> <p>6:00 - 6:45 * The Pursuit: Build CS Corey Jones</p> <p>6:30 - 8:00 Vinyasa Yoga (L2) YS Wade Gotwals</p>			

JULY 4TH 2015 - CLASS DESCRIPTIONS

GOLD COAST

900 North Michigan
Chicago IL 60611
312.254.2500
equinox.com

BULLETIN BOARD

HOLIDAY HOURS

The Gold Coast location will be recognizing the following hours of operation for the 4th of July Holiday Weekend:

Friday, July 3rd: 5:00am -

8:00pm

Saturday, July 4th: 7:00am -

6:00pm

Happy Independence Day!!!!

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

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
CL Club Lobby

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!

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.

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.

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 STRENGTH & STRETCH

An alignment class that focus on two very important components of fitness: core strength and flexibility.

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 FITNESS WORKOUT

Equal parts dance, sculpt and cardio; a fun infusion of vitality and grace that will raise your spirit and your heart rate. Low impact but high definition.

DANCE!

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

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.

HATHA YOGA

A physical approach to the yoga practice connecting postures, movement and breathing.

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.

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.

OPEN SWIM

This guided workout is for intermediate/advanced swimmers who do not need technique coaching but want to follow a program. Workout of the Week will be posted on the white board and participants time their own intervals. Participants should be proficient at 100 yards distance drills. There will be no instructor on duty.

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. Make sure to bring your own headphones.

PRIVATE EVENT

Private Event - Invited Attendees Only

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 STRETCH

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.

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.

ROPES & ROWERS

A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

RUNCROSS®

This outdoor run course experience moves you forward and features expertly designed cross training drills and mad motivation for the ultimate strength-meets-cardio experience. Created by David Siik for Equinox.

SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the WaterRower 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!

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.

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.

THE PURSUIT: BUILD

Take on 3 intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN

Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

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.