

EQUNOX

LINCOLN PARK

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 Stronger MS * Devin Buchanan	6:15-7:05 Whipped! MS * Jude McCarthy	6:15-7:00 Stronger MS * Kristi Harshbarger	6:15-7:00 Rounds: Boxing Jenny Terlinden	6:15-7:00 Core6 Anthony May	8:15-9:00 Stronger MS * Cassie Liveris	9:00-9:45 Rounds: Kickboxing MS * Elijah H
6:30-7:15 Power Vinyasa YS * Christy Pennick	6:30-7:15 Pilates Mat YS * Angela Leigh	6:30-7:15 Vinyasa Yoga YS * April Falcon	6:30-7:20 Pilates Rise Angela Leigh	7:00-7:45 Beats Ride Angela Leigh	8:30-9:15 True Barre: Off the Barre YS * Meisha Reid	9:15-10:00 Pilates Mat YS * Mia Rose Voss
7:15-8:00 Athletic Conditioning Devin Buchanan	7:00-7:45 Anthem Ride CS * Marquis Johnson	7:00-7:50 Precision Run® TR * Shana Peters	7:00-7:45 Beats Ride CS * Marquis Johnson	7:00-7:50 Precision Run + Strength Cassie Liveris	8:45-9:30 Anthem Ride CS * Michael Wollpert	9:45-10:30 Beats Ride Anthony May
8:30-9:15 Pilates Mat YS * Sophie Herrerion	7:45-8:30 True Barre YS * Lindsay Nolden	7:15-8:00 Stacked MS * Jim Jalore	7:45-8:30 True Barre: Bala Bangle Ellie Ward	7:00-8:00 Sculpted Yoga™ Christy Pennick	9:15-10:00 The Cut Devin Buchanan	10:00-10:45 Stronger CJ
9:30-10:15 True Barre YS * Sophie Herrerion	8:15-9:00 Body Sculpt MS * Shana Peters	8:30-9:15 True Barre YS * Cassie Liveris	8:00-8:50 Precision Walk: Elevate Michael Wollpert	7:15-8:00 Body Sculpt Chelsea Wolfe	9:30-10:15 True Barre YS * Cassie Liveris	10:15-11:00 True Barre Jazmin Rivers
12:00-12:45 Body Sculpt MS * Jordan Tallman	9:00-10:00 Vinyasa Yoga YS * Alison Razi	9:15-10:00 Athletic Conditioning Devin Buchanan	8:15-9:00 Limited Series: Stronger Women MS *	9:00-9:50 Pilates Rise Victoria Brickert	11:00-11:45 Core6 MS * CJ	
12:00-1:00 Slow Flow Yoga YS * Allison English	12:00-12:45 True Barre: Off the Barre YS * Glenn Snellgrose	12:00-12:50 Pilates Rise YS * Shana Peters	9:00-9:45 Pilates Fusion Mikhaila Woodall	9:15-9:45 Quick HIIT Devin Buchanan	11:30-12:30 Vinyasa Yoga YS * Won Lang	
4:15-5:05 Pilates Rise YS * Shana Peters	4:15-5:15 Sculpted Yoga™ YS * Allison English	4:15-5:00 True Barre: Bala Bangle Dan Hurst	12:00-1:00 Sculpted Yoga™ Mikhaila Woodall	9:45-10:00 Upper Body Pump Devin Buchanan	2:00-3:00 Restorative Yoga YS * Won Lang	
5:00-5:45 Stacked MS * Julie Valenti	5:00-5:45 Best Butt Ever MS * Devin Buchanan	5:00-5:45 Body Sculpt MS * Julie Valenti	4:15-5:00 Pilates Fusion Glenn Snellgrose	10:00-10:15 Best Abs Ever Devin Buchanan		
5:30-6:15 True Barre: Off the Barre YS * Meisha Reid	5:30-6:30 Vinyasa Yoga YS * Allison English	5:30-6:15 Pilates Fusion Shana Peters	5:30-6:00 Quick HIIT Lindsay Nolden	12:00-12:45 True Barre: Off the Barre YS * Meisha Reid		
5:45-6:30 Beats Ride CS * Joshua Grabowski	6:00-6:45 The Cut MS * Devin Buchanan	5:45-6:30 Beats Ride CS * Eric Cobb	5:30-6:30 Vinyasa Yoga Woni Lang	12:15-1:00 Stronger Eric Cobb		
5:45-6:30 Precision Run + Strength TR * Jude McCarthy	6:45-7:30 True Barre YS * Sam Stedry	6:00-6:45 Limited Series: Stronger Women MS * Julie Valenti	6:00-6:30 Best Abs Ever Lindsay Nolden	4:15-5:00 True Barre Heidi Freitag		
6:00-6:45 Stronger MS * Cassie Liveris		6:45-7:30 Vinyasa Yoga YS * Sammi Callaghan	6:45-7:30 True Barre Lindsay Nolden	5:15-6:00 Athletic Conditioning Jordan Tallman		
6:45-7:30 Vinyasa Yoga YS * Christy Pennick				6:15-7:00 Restorative Yoga YS * Jordan Tallman		

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUNOX

LINCOLN PARK

1750 North Clark Street

CHICAGO IL 60614

EQUINOX.COM

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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

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

shana.peters@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.

◆ Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

◆ 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.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

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

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: Bala Bangle This sculpt 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.

True Barre: Off the Barre 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.

◆ 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

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.

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.

◆ Sculpt

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.

◆ Strength

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.

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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.

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.