

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS* Stronger <i>Devin Buchanan</i>	6:15-7:00 MS* Ropes and Rowers <i>Jude McCarthy</i>	6:15-7:00 MS* Stronger <i>Kristi Harshbarger</i>	6:15-7:00 MS* Rounds: Boxing <i>Jenny Terlinden</i>	6:15-7:00 MS* <b>Leg Day</b> <b>Anthony May</b>	8:15-9:00 MS* Stronger <i>Cassie Liveris</i>	9:00-9:45 MS* <b>Core6</b> <b>CJ</b>
6:30-7:15 YS* Power Vinyasa <i>Christy Pemrick</i>	6:30-7:15 YS* Pilates Mat <i>Angela Leigh</i>	6:30-7:15 CL* <b>Athletic Conditioning (Outdoor)</b> <b>Shana Peters</b>	6:30-7:20 YS* Pilates Rise <i>Angela Leigh</i>	7:00-7:45 CS* Beats Ride <i>Angela Leigh</i>	8:30-9:15 YS* True Barre: Off the Barre <i>Meisha Reid</i>	9:15-10:00 YS* Pilates Mat <i>Patty Boyle</i>
7:15-8:00 MS* Athletic Conditioning <i>Devin Buchanan</i>	7:00-7:45 CS* Anthem Ride <i>Marquis Johnson</i>	6:30-7:15 YS* Vinyasa Yoga <i>April Falcon</i>	7:00-7:45 CS* Beats Ride <i>Marquis Johnson</i>	7:00-7:50 TR* Precision Run® <i>Jack Halbert</i>	8:45-9:30 CS* Anthem Ride <i>Michael Wollpert</i>	9:45-10:30 CS* Beats Ride <i>Anthony May</i>
8:30-9:15 YS* Pilates Mat <i>Sophie Herrejon</i>	7:45-8:30 YS* True Barre <i>Lindsay Nolden</i>	8:30-9:15 YS* <b>Barefoot Sculpt</b> <b>CJ</b>	7:45-8:30 YS* True Barre: Bala Bangle <i>Ellie Ward</i>	7:00-8:00 YS* Sculpted Yoga™ <i>Christy Pemrick</i>	9:15-10:00 MS* The Cut <i>Devin Buchanan</i>	10:00-10:45 MS* Stronger <b>CJ</b>
9:30-10:15 YS* True Barre <i>Sophie Herrejon</i>	8:15-9:00 MS* Body Sculpt <i>Shana Peters</i>	9:15-10:00 MS* Athletic Conditioning <i>Devin Buchanan</i>	8:00-8:50 TR* Precision Walk: Elevate <i>Michael Wollpert</i>	7:15-8:00 MS* Body Sculpt <i>Chelsea Wolfe</i>	9:30-10:15 YS* True Barre <i>Cassie Liveris</i>	10:15-11:00 YS* True Barre <i>Jazmin Rivers</i>
12:00-12:45 MS* Body Sculpt <i>Julie Valenti</i>	9:00-10:00 YS* <b>Slow Flow Yoga</b> <b>Stephanie Azzaretto</b>	12:00-12:45 YS* Pilates Mat <i>Sammi Callaghan</i>	8:15-9:00 MS* Stronger Women <i>Victoria Brickert</i>	9:00-9:50 MS* Pilates Rise <i>Julie Valenti</i>	9:45-10:35 TR* Precision Walk: Elevate <i>Michael Wollpert</i>	11:30-12:30 YS* Vinyasa Yoga <i>Woni Lang</i>
12:00-1:00 YS* Slow Flow Yoga <i>Allison English</i>	12:00-12:45 YS* True Barre: Off the Barre <i>Glenn Snellgrose</i>	4:15-5:00 YS* True Barre: Bala Bangle <i>Dan Hurst</i>	9:00-9:45 YS* Pilates Fusion <i>Mikhaila Woodall</i>	9:15-9:45 MS* Quick HIIT <i>Devin Buchanan</i>	10:15-11:00 MS* Best Butt Ever <i>Devin Buchanan</i>	2:00-3:00 YS* Restorative Yoga <i>Woni Lang</i>
4:15-5:05 YS* Pilates Rise <i>Shana Peters</i>	4:15-5:15 YS* Sculpted Yoga™ <i>Allison English</i>	5:00-5:45 MS* Body Sculpt <i>Julie Valenti</i>	12:00-1:00 YS* Sculpted Yoga™ <i>Mikhaila Woodall</i>	9:45-10:00 MS* Upper Body Pump <i>Devin Buchanan</i>	10:30-11:30 YS* Vinyasa Yoga <i>Allison English</i>	
5:00-5:45 MS* Stacked <i>TC Burrows</i>	5:00-5:45 MS* <b>Leg Day</b> <b>Devin Buchanan</b>	5:30-6:15 YS* Pilates Fusion <i>Shana Peters</i>	4:15-5:00 YS* Pilates Fusion <i>Glenn Snellgrose</i>	10:00-10:15 MS* Best Abs Ever <i>Devin Buchanan</i>	11:45-12:30 YS* Pilates Fusion <i>Shana Peters</i>	
5:30-6:15 YS* True Barre: Off the Barre <i>Meisha Reid</i>	5:15-6:00 CS* Beats Ride <i>Marquis Johnson</i>	5:45-6:30 CS* Beats Ride <i>Anthony May</i>	5:30-6:00 MS* Quick HIIT <i>Lindsay Nolden</i>	12:00-12:45 YS* True Barre: Off the Barre <i>Meisha Reid</i>		
5:45-6:30 CS* Beats Ride <i>Joshua Grabowski</i>	5:30-6:30 YS* Vinyasa Yoga <i>Allison English</i>	6:00-6:45 MS* Stronger Women <i>Julie Valenti</i>	5:30-6:30 YS* Vinyasa Yoga <i>Woni Lang</i>	12:15-1:00 MS* <b>Stronger</b> <b>Jack Halbert</b>		
5:45-6:30 TR* Precision Run + Strength <i>Jude McCarthy</i>	6:00-6:45 MS* The Cut <i>Devin Buchanan</i>	6:45-7:30 YS* Vinyasa Yoga <i>Sammi Callaghan</i>	6:00-6:30 MS* Best Abs Ever <i>Lindsay Nolden</i>	4:15-5:00 YS* True Barre <i>Heidi Freitag</i>		
6:00-6:45 MS* Stronger <i>Cassie Liveris</i>	6:45-7:30 YS* <b>True Barre: Bala Bangle</b> <b>Ellie Ward</b>		6:45-7:30 YS* <b>True Barre</b> <b>Heidi Freitag</b>	5:15-6:00 MS* <b>Stacked</b> <b>TC Burrows</b>		
6:45-7:30 YS* Vinyasa Yoga <i>Christy Pemrick</i>				6:15-7:00 YS* Restorative Yoga <i>Stephanie Azzaretto</i>		

# EQUINOX

## LINCOLN PARK

1750 North Clark Street

CHICAGO IL 60614

EQUINOX.COM

@EQUINOX

**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

**CL** Club Lobby

## 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, dumbbells, 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.

**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.



## 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.

**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

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**Leg Day** Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.

**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. 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.