EQUINOX **LINCOLN PARK**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:15-7:00 MS *	Stronger *Devin Buchanan*
7:00-7:45 YS *	**Vinyasa Yoga** ***Christy Pemrick***
7:15-8:00 MS *	Athletic Conditioning *Devin Buchanan*
9:00-9:45 YS *	Pilates Mat *Sophie Herrejon*
12:00-12:45 MS *	Body Sculpt *Julie Valenti*
12:00-1:00 YS *	Slow Flow Yoga *Allison English*
4:15-5:05 YS *	Pilates Rise *Shana Peters*
5:00-5:45 MS *	Stacked *Julie Valenti*
5:30-6:15 YS *	True Barre: Off the Barre *Cassie Liveris*
5:45-6:30 CS *	Beats Ride *Joshua Grabowski*
5:45-6:30 TR *	Precision Run + Strength *Victoria Brickert*
6:00-6:45 MS *	**Stronger** ***Andrea Malcolm***
6:45-7:30 YS *	Vinyasa Yoga *Christy Pemrick*

TUESDAY

6:15-7:00 MS *	Ropes and Rowers *Victoria Brickert*
6:30-7:15 YS *	Pilates Mat *Angela Leigh*
7:00-7:45 CS *	Beats Ride *Joseph Destino*
7:45-8:30 YS *	True Barre *Lindsay Nolden*
8:15-9:00 MS *	Body Sculpt *Shana Peters*
9:00-10:00 YS *	Slow Flow Yoga *Stephanie Azzaretto*
12:00-12:45 YS *	Barefoot Sculpt: The Ring *Glenn Snellgrose*
4:15-5:15 YS *	Sculpted Yoga™ *Allison English*
5:00-5:45 MS *	Leg Day *Devin Buchanan*
5:30-6:30 YS *	Vinyasa Yoga *Allison English*
6:00-6:45 MS *	The Cut *Devin Buchanan*
6:45-7:30 YS *	True Barre: Bala Bangle *Ellie Ward*

WEDNESDAY

6:15-7:00 MS *	Stronger *Kristi Harshbarger*
6:30-7:15 YS *	Vinyasa Yoga *April Falcon*
6:45-7:30 TR *	Precision Run® *Shana Peters*
8:30-9:15 YS *	Barefoot Sculpt: The Ring *Lia Montelongo*
9:15-10:00 MS *	Athletic Conditioning *Devin Buchanan*
12:00-12:45 YS *	Pilates Mat *Sammi Callaghan*
4:15-5:00 YS *	True Barre: Bala Bangle *Dan Hurst*
5:00-5:45 MS *	Body Sculpt *Julie Valenti*
5:30-6:15 YS *	Pilates Fusion *Shana Peters*
5:45-6:30 CS *	Beats Ride *Zane Glotzbach*
6:00-6:45 MS *	Stronger Women *Julie Valenti*
6:45-7:30 YS *	**Slow Flow Yoga** ***Sammi Callaghan***

THURSDAY

6:15-7:00 MS *	Rounds: Boxing *Jenny Terlinden*
6:30-7:20 YS *	Pilates Rise *Angela Leigh*
7:00-7:45 CS *	Anthem Ride *Michael Wollpert*
7:45-8:30 YS *	True Barre: Bala Bangle *Ellie Ward*
8:00-8:50 TR *	Precision Walk: Elevate *Michael Wollpert*
8:15-9:00 MS *	Stronger Women *Victoria Brickert*
9:00-9:45 YS *	Pilates Fusion *Mikhaila Woodall*
12:00-1:00 YS *	Gentle Yoga *Allison English*
4:15-5:00 YS *	Pilates Fusion *Sophie Herrejon*
5:30-6:00 MS *	Quick HIIT *Lindsay Nolden*
5:30-6:30 YS *	Vinyasa Yoga *Woni Lang*
6:00-6:30 MS *	Best Abs Ever *Lindsay Nolden*
6:45-7:30 YS *	True Barre *Heidi Freitag*

FRIDAY

7:00-7:45 CS *	Beats Ride *Angela Leigh*
7:00-8:00 YS *	Sculpted Yoga™ *Christy Pemrick*
7:15-8:00 MS *	Body Sculpt *Chelsea Wolfe*
7:45-8:30 TR *	Precision Run + Strength *Jack Halbert*
9:00-9:50 YS *	Pilates Rise *Julie Valenti*
9:15-9:45 MS *	Quick HIIT *Devin Buchanan*
9:45-10:00 MS *	Upper Body Pump *Devin Buchanan*
10:00-10:15 MS *	Best Abs Ever *Devin Buchanan*
12:00-12:45 YS *	True Barre: Off the Barre *Meisha Reid*
12:15-1:00 MS *	Stronger *Maddie Lalevee*
3:15-4:00 YS *	**Pilates Fusion** ***Dan Hurst***
4:15-5:00 YS *	True Barre *Heidi Freitag*
5:00-5:45 MS *	**Stacked** ***Devin Buchanan***
5:15-6:00 YS *	Restorative Yoga *Stephanie Azzaretto*

SATURDAY

8:15-9:00 MS *	Stronger *Cassie Liveris*
8:30-9:15 YS *	True Barre: Off the Barre *Meisha Reid*
8:45-9:30 CS *	Beats Ride *Michael Wollpert*
9:15-10:00 MS *	The Cut *Devin Buchanan*
9:30-10:15 YS *	True Barre *Cassie Liveris*
9:45-10:35 TR *	Precision Walk: Elevate *Michael Wollpert*
10:15-11:00 MS *	Best Butt Ever *Devin Buchanan*
10:30-11:30 YS *	Vinyasa Yoga *Allison English*
11:15-12:00 MS *	Pilates Fusion *Shana Peters*
11:45-12:45 YS *	Slow Flow Yoga *Allison English*

SUNDAY

9:00-9:45 CS *	Beats Ride *Anthony May*
9:00-9:45 MS *	Body Sculpt *Maddie Lalevee*
9:15-10:00 YS *	Pilates Mat *Patty Boyle*
10:00-10:45 MS *	Stronger *Anthony May*
10:15-11:00 YS *	**True Barre** ***Stephanie Azzaretto***
11:30-12:30 YS *	Vinyasa Yoga *Woni Lang*
2:00-3:00 YS *	Restorative Yoga *Woni Lang*

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

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

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.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
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.

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.

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.

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.

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.

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.
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.

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.

Sculpt

Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.