EQUINOX **GOLD COAST**

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

6:30-7:15 CS *	Beats Ride *Barb Fellars*
6:30-7:15 MS *	Body Sculpt *Victoria Brickert*
8:00-8:45 YS *	True Barre: Bala Bangle *Dan Hurst*
9:15-10:00 MS *	Body Sculpt *CJ*
10:30-11:15 PD *	Hydro Sculpt *Chelsea Wolfe*
10:30-11:15 YS *	Pilates Fusion *Karim Tonsy*
12:00-12:45 YS *	**Pilates Fusion** ***Lia Montelongo***
12:15-1:00 MS *	Stronger Women *Cassie Liveris*
4:15-5:00 YS *	True Barre: Off the Barre *Dan Hurst*
5:15-6:05 MS *	Whipped! *Devin Buchanan*
5:15-6:15 YS *	Vinyasa Yoga *Allison English*
5:45-6:30 CS *	Beats Ride *Barb Fellars*
6:15-7:00 MS *	The Cut *Devin Buchanan*
6:30-7:15 YS *	Hatha Yoga *Allison English*

TUESDAY

6:15-7:00 MS *	Stronger *Zane Glotzbach*
6:30-7:20 YS *	Pilates Rise *Shana Peters*
7:15-8:00 MS *	Stacked *Zane Glotzbach*
8:15-9:00 YS *	Pilates Fusion *Sammi Callaghan*
9:15-10:00 CS *	Beats Ride *Michael Wollpert*
9:15-10:00 MS *	Leg Day *Julie Valenti*
9:15-10:00 YS *	True Barre: Off the Barre *Karim Tonsy*
10:30-11:15 PD *	Hydro Sculpt *Michael Wollpert*
10:45-11:45 YS *	Gentle Yoga *Alison Riazi*
12:15-1:00 MS *	**Body Sculpt** ***Lia Montelongo***
12:15-1:00 YS *	True Barre: Off the Barre *Meisha Reid*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Sophie Herrejon*
5:15-6:00 MS *	Stronger *Lo Jones*
5:30-6:15 YS *	Pilates Fusion *Sophie Herrejon*
6:15-7:00 MS *	Cardio Dance *Karim Tonsy*
6:30-7:30 YS *	Sculpted Yoga™ *Christy Pemrick*
7:15-8:00 MS *	**Rhythmic Sculpt** ***Anthony May***

WEDNESDAY

6:30-7:15 CS *	Beats Ride *Joseph Destino*
6:30-7:15 YS *	True Barre: Bala Bangle *Stephanie Azzaretto*
8:00-8:45 YS *	**Barefoot Sculpt: The Ring** ***Stephanie Azzaretto***
9:15-10:00 MS *	Stronger Women *Julie Valenti*
10:30-11:15 PD *	Hydro Sculpt *Mary Lynn Cleary*
10:30-11:15 YS *	Barefoot Sculpt *Karim Tonsy*
12:00-1:00 YS *	Gentle Yoga *Anita March*
12:15-1:00 MS *	Stronger *Victoria Brickert*
4:15-5:00 YS *	Pilates Mat *Cassie Liveris*
5:15-6:00 MS *	Stacked *Jordan Tallman*
5:15-6:00 YS *	True Barre: Off the Barre *Lindsay Nolden*
5:45-6:30 CS *	Beats Ride *Alex Amati*
6:15-7:00 MS *	**Rounds: Boxing** ***April Falcon***
6:30-7:15 YS *	Vinyasa Yoga *Katya Ortega*
7:30-8:15 YS *	Pilates Fusion *Dan Hurst*

THURSDAY

6:15-7:00 MS *	Stronger *Devin Buchanan*
6:30-7:15 YS *	Pilates Fusion *Patty Boyle*
7:15-8:00 MS *	Athletic Conditioning *Devin Buchanan*
8:15-9:00 YS *	Pilates Fusion *Andrea Rubenstein*
9:15-10:00 CS *	Beats Ride *Andrea Rubenstein*
10:30-11:15 PD *	Hydro Sculpt *CJ*
10:45-11:45 YS *	Gentle Yoga *April Falcon*
12:00-12:45 YS *	Barefoot Sculpt: The Ring *Lia Montelongo*
12:15-1:00 MS *	Cardio Sculpt *Anthony May*
4:30-5:15 YS *	True Barre: Bala Bangle *Heidi Freitag*
5:15-6:00 MS *	Leg Day *Jack Halbert*
5:30-6:15 YS *	Pilates Fusion *Karim Tonsy*
6:30-7:15 MS *	Body Sculpt *Karim Tonsy*
6:45-7:30 YS *	True Barre: Off the Barre *Susan Mowder*

FRIDAY

6:30-7:15 YS *	Pilates Mat *Sophie Herrejon*
7:00-7:45 CS *	Beats Ride *Ryan Cargie*
7:15-8:05 TR *	Precision Run + Strength *Devin Buchanan*
8:00-8:45 YS *	True Barre: Off the Barre *Meisha Reid*
9:15-10:00 MS *	Body Sculpt *Mikhaila Woodall*
10:30-11:15 YS *	Pilates Fusion *Mikhaila Woodall*
12:00-12:45 YS *	Vinyasa Yoga *Christy Pemrick*
12:15-1:00 MS *	Core6 *Devin Buchanan*
4:15-5:00 YS *	True Barre: Off the Barre *Anna Stephens*
5:15-6:00 MS *	Stronger *Michael Wollpert*
5:45-6:45 YS *	Restorative Yoga *Alison Riazi*

SATURDAY

8:00-8:45 YS *	**Vinyasa Yoga** ***Lia Montelongo***
8:30-9:15 MS *	Stronger *Anthony May*
9:00-9:45 YS *	Pilates Mat *Dan Hurst*
9:15-10:00 CS *	Beats Ride *Andrea Rubenstein*
9:30-10:15 MS *	Athletic Conditioning *Anthony May*
10:00-11:00 YS *	Sculpted Yoga™ *Mikhaila Woodall*
10:15-11:00 PD *	Hydro Sculpt *Karim Tonsy*
10:15-11:00 TR *	Precision Run + Strength *Victoria Brickert*
10:30-11:15 MS *	Leg Day *Andrea Rubenstein*
11:15-12:00 YS *	Pilates Fusion *Cassie Liveris*
11:45-12:30 MS *	The Cut *Devin Buchanan*
12:15-1:00 YS *	True Barre: Bala Bangle *Andrea Rubenstein*

SUNDAY

9:00-9:45 MS *	Rounds: Boxing *April Falcon*
9:00-9:45 YS *	True Barre: Bala Bangle *Susan Mowder*
9:30-10:15 TR *	Precision Walk: Elevate *Francesca Rollo*
10:00-10:50 CS *	Beats Ride *Alex Amati*
10:00-10:45 MS *	Stronger *Lo Jones*
10:15-11:15 YS *	Vinyasa Yoga *April Falcon*
11:00-11:45 MS *	**True Barre: Off the Barre** ***Dan Hurst***
11:30-12:30 YS *	Restorative Yoga *Allison English*
12:45-1:30 YS *	Pilates Fusion *Thomas Selvidge*
4:00-5:00 YS *	Weekend Wind Down Yoga *Stephanie Azzaretto*

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

EQUINOX

GOLD COAST

900 North Michigan

CHICAGO IL 60611

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

GROUP FITNESS MANAGER

lia.montelongo@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.
Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
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.
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.
Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

Barre

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.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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

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.

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 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.
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.
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.

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.

Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
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.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.