

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 CS * Beats Ride <i>Barb Fellars</i>	6:00-6:45 MS * Stronger <i>Zane Glotzbach</i>	6:15-7:00 CS * Beats Ride <i>Scott Wiley</i>	6:00-6:45 MS * Stronger <i>Devin Buchanan</i>	6:30-7:15 YS * Pilates Mat <i>Sophie Herrejon</i>	8:30-9:15 MS * Stronger <i>Jude McCarthy</i>	9:00-9:45 MS * Rounds: Boxing <i>April Falcon</i>
6:30-7:15 MS * Body Sculpt <i>Victoria Brickert</i>	6:15-7:05 YS * Pilates Rise <i>Shana Peters</i>	6:30-7:15 YS * True Barre: Bala Bangle <i>Angela Leigh</i>	6:15-7:00 YS * Pilates Rise <i>Jordan Tallman</i>	7:00-7:45 CS * Beats Ride <i>Marquis Johnson</i>	9:00-9:45 YS * True Barre: Cardio <i>Jaclyn Walters</i>	9:00-9:45 True Barre: Off the Barre <i>Susan Mowder</i>
8:00-8:45 YS * True Barre: Bala Bangle <i>Dan Hurst</i>	7:00-7:45 MS * Stacked <i>Zane Glotzbach</i>	8:00-8:45 YS * Pilates Fusion <i>Angela Leigh</i>	7:00-7:45 MS * Athletic Conditioning <i>Devin Buchanan</i>	7:15-8:05 Precision Run + Strength <i>Devin Buchanan</i>	9:15-10:00 CS * Beats Ride <i>Andrea Rubenstein</i>	9:15-10:05 YS * <b>Precision Walk: Elevate</b> <i>Jude McCarthy</i>
9:15-10:00 MS * <b>Body Sculpt CJ</b>	8:15-9:00 YS * Pilates Fusion <i>Julie Valenti</i>	9:15-10:00 MS * <b>Limited Series: Stronger Women</b> <i>Julie Valenti</i>	8:15-9:05 YS * Sculpted Yoga™ <i>Jordan Tallman</i>	TR * 8:00-8:45 True Barre: Off the Barre <i>Meisha Reid</i>	9:30-10:15 MS * MetCon3 <i>Abigail Moseman</i>	TR * 9:15-10:05 9:45-10:30 CS * Beats Ride <i>Alex Amati</i>
10:30-11:15 PD * Hydro Sculpt <i>Susan Mowder</i>	9:00-9:45 CS * Beats Ride <i>Michael Wollpert</i>	10:30-11:15 PD * Hydro Sculpt <i>Mary Lynn Cleary</i>	9:00-9:45 CS * Beats Ride <i>Marquis Johnson</i>	9:15-10:00 MS * Body Sculpt <i>Mikhaila Woodall</i>	10:00-11:00 YS * Sculpted Yoga™ <i>Mikhaila Woodall</i>	10:00-10:45 MS * Stronger <i>Lo Jones</i>
10:30-11:15 YS * Pilates Fusion <i>Karim Tonsy</i>	9:15-10:00 YS * True Barre: Off the Barre <i>Karim Tonsy</i>	10:30-11:15 YS * Barefoot Sculpt <i>Karim Tonsy</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Andrea Rubenstein</i>	10:30-11:15 YS * Pilates Fusion <i>Mikhaila Woodall</i>	10:15-11:00 PD * Hydro Sculpt <i>Karim Tonsy</i>	10:15-11:00 YS * Vinyasa Yoga <i>April Falcon</i>
12:00-12:45 YS * Power Vinyasa <i>Mikhaila Woodall</i>	10:30-11:15 PD * Hydro Sculpt <i>Michael Wollpert</i>	12:00-12:50 YS * Vinyasa Yoga <i>April Falcon</i>	10:45-11:30 YS * Slow Flow Yoga <i>April Falcon</i>	12:00-12:45 YS * Pilates Fusion <i>Glenn Snellgrose</i>	TR * 10:15-11:05 Precision Run + Strength <i>Joseph Destino</i>	10:30-11:15 PD * <b>Hydro Sculpt Jude McCarthy</b>
12:15-1:00 MS * Limited Series: Stronger Women <i>Cassie Liveris</i>	10:45-11:45 YS * Gentle Yoga <i>Alison Riazzi</i>	12:15-1:00 MS * Body Sculpt <i>Mikhaila Woodall</i>	12:15-1:00 MS * <b>The Cut CJ</b>	12:15-1:00 MS * Gentle Yoga <i>Anita March</i>	10:30-11:15 MS * Best Butt Ever <i>Andrea Rubenstein</i>	11:00-11:45 MS * Tabata Max <i>Victoria Brickert</i>
4:15-5:00 YS * True Barre: Off the Barre <i>Dan Hurst</i>	12:00-12:45 TR * <b>Precision Run® Jude McCarthy</b>	4:15-5:00 YS * Pilates Mat <i>Cassie Liveris</i>	4:30-5:15 YS * Power Vinyasa <i>Christy Pemrick</i>	12:15-1:00 MS * <b>Tabata Max Devin Buchanan</b>	11:15-11:30 MS * Best Abs Ever <i>Andrea Rubenstein</i>	11:30-12:30 YS * Restorative Yoga <i>Allison English</i>
5:15-6:05 MS * Whipped! <i>Devin Buchanan</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Meisha Reid</i>	5:15-6:00 YS * True Barre: Off the Barre <i>Lindsay Nolden</i>	12:15-1:00 MS * <b>The Cut CJ</b>	4:15-5:00 YS * True Barre: Off the Barre <i>Anna Stephens</i>	11:15-12:00 YS * Pilates Fusion <i>Cassie Liveris</i>	12:00-12:45 MS * Best Stretch Ever <i>Chelsea Wolfe</i>
5:15-6:15 YS * Vinyasa Yoga <i>Allison English</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Sophie Herrejon</i>	5:30-6:15 MS * Athletic Conditioning <i>CJ</i>	4:30-5:15 YS * Power Vinyasa <i>Christy Pemrick</i>	5:15-6:00 MS * Stronger <i>Michael Wollpert</i>	11:45-12:30 MS * The Cut <i>Devin Buchanan</i>	12:45-1:30 YS * <b>Pilates Fusion Steph Smolen</b>
5:45-6:30 CS * Beats Ride <i>Barb Fellars</i>	5:15-6:00 MS * Stronger <i>Lo Jones</i>	5:45-6:30 TR * <b>Precision Walk: Elevate Jude McCarthy</b>	5:30-6:15 CS * Beats Ride <i>Kim Di Nino</i>	5:45-6:30 YS * Restorative Yoga <i>Christy Pemrick</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Andrea Rubenstein</i>	
6:15-7:00 MS * The Cut <i>Devin Buchanan</i>	5:30-6:15 CS * Beats Ride <i>Eric Cobb</i>	6:15-7:00 YS * Power Vinyasa <i>Mike Massimino</i>	5:30-6:15 YS * Pilates Fusion <i>Karim Tonsy</i>			
6:30-7:15 YS * Hatha Yoga <i>Allison English</i>	5:30-6:15 YS * Pilates Rise <i>Sophie Herrejon</i>	6:30-7:15 MS * MetCon3 <i>Habibah Sanusi</i>	6:30-7:15 MS * Body Sculpt <i>Karim Tonsy</i>			
7:30-8:15 YS * <b>Pilates Mat Kia Williams</b>	6:15-7:00 MS * Cardio Dance <i>Karim Tonsy</i>	7:30-8:15 YS * Pilates Fusion <i>Jaclyn Walters</i>	6:30-7:15 YS * True Barre: Off the Barre <i>Susan Mowder</i>			
	6:30-7:15 YS * Slow Flow Yoga <i>Christy Pemrick</i>					
	7:15-8:00 MS * Rhythmic Sculpt <i>Jaclyn Walters</i>					

# 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  
jude.mccarthy@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.

## 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

**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.

**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.

**MetCon3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. 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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**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: 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: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

## 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.

## 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.

## Regeneration

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. 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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.

## 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.