EQUINOX

THE LOOP

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

11:30-12:15 MS *	MetCon Monday *Michael Wollpert*
12:15-1:05 TR *	Precision Run® *Michael Wollpert*
12:30-1:15 MS *	Power Vinyasa *Christy Pemrick*
4:15-5:00 MS *	Vinyasa Yoga *Stephanie Azzaretto*
5:15-6:00 CS *	Beats Ride *Michael Wollpert*
5:15-6:00 MS *	Stacked *Abigail Moseman*
6:15-7:00 MS *	Stronger *Abigail Moseman*

TUESDAY

6:30-7:15 MS *	Stronger *Kristi Harshbarger*
7:30-8:15 MS *	True Barre: Off the Barre *Meisha Reid*
11:30-12:15 MS *	Whipped! *Anthony May*
12:30-1:15 MS *	Stronger *Eleonora Davidkova*
4:15-5:00 MS *	Pilates Fusion *Thomas Selvidge*
5:15-6:00 MS *	Body Sculpt *Chelsea Wolfe*
6:15-7:00 MS *	Vinyasa Yoga *Chelsea Wolfe*

WEDNESDAY

7:30-8:15 MS *	Body Sculpt *Victoria Brickert*
11:30-12:15 MS *	Stacked *Cassie Liveris*
12:30-1:15 MS *	Pilates Mat *Cassie Liveris*
4:15-5:00 MS *	Barefoot Sculpt: The Ring *Glenn Snellgrose*
5:15-6:00 CS *	Beats Ride *Glenn Snellgrose*
5:15-6:00 MS *	Stronger *Michael Wollpert*
6:00-6:50 TR *	Precision Walk: Elevate *Michael Wollpert*
6:15-7:00 MS *	Rounds: Boxing *Abigail Moseman*

THURSDAY

6:30-7:15 MS *	Stronger *Lo Jones*
7:30-8:15 MS *	Pilates Mat *Thomas Selvidge*
11:30-12:15 MS *	Stronger *Devin Buchanan*
12:30-1:15 MS *	Core6 *Devin Buchanan*
4:15-5:00 MS *	Vinyasa Yoga *Allison English*
5:15-6:00 MS *	**Stacked** ***Habibah Sanusi***
6:15-7:00 MS *	Gentle Yoga *Allison English*

FRIDAY

7:30-8:15 MS *	Body Sculpt *Anthony May*
11:30-12:15 MS *	Stronger *Anthony May*
12:30-1:15 MS *	Vinyasa Yoga *Woni Lang*
5:30-6:15 MS *	Pilates Mat *Lauren Twombly*

SATURDAY

9:15-10:00 MS *	Stronger *Abigail Moseman*
10:30-11:30 MS *	Vinyasa Yoga *Eric Shainock*

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

EQUINOX

THE LOOP

200 West Monroe Street

CHICAGO IL 60606

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 07:00 PM

SAT 08:00 AM 02:00 PM

GROUP FITNESS MANAGER

glenn.snellgrose@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

TR Treadmill Area

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.

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.

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: 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.

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.

Strength

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.

Running

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

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.

MetCon Monday Mondays are for MetCon, so start your week strong! 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.

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.

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.