

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:15 MS * 11:30-12:15 MS * 12:15-1:05 TR * 12:30-1:15 MS * 4:15-5:00 MS * 5:15-6:00 CS * 5:15-6:00 MS * 6:15-6:45 MS * 6:45-7:15 MS *	6:30-7:15 MS * 7:30-8:15 MS * 11:30-12:15 MS * 12:30-1:15 MS * 4:15-5:00 MS * 5:15-6:00 MS * 6:15-7:00 MS * 7:15-8:00 MS *	6:30-7:15 MS * 7:30-8:15 MS * 11:30-12:15 MS * 12:15-1:05 TR * 12:30-1:15 MS * 4:15-5:00 MS * 5:15-6:00 CS * 5:15-6:00 MS * 6:00-6:50 TR * 6:15-7:00 MS *	6:30-7:15 MS * 7:30-8:15 MS * 11:30-12:15 MS * 12:30-1:15 MS * 4:15-5:05 MS * 5:15-6:00 MS * 6:15-7:00 MS *	7:15-7:45 MS * 7:45-8:15 MS * 11:30-12:15 MS * 12:30-1:15 MS * 5:30-6:15 MS *	9:30-10:15 MS * 10:30-11:15 MS * 11:30-12:30 MS *
Pilates Fusion Sammi Callaghan	Stronger Kristi Harshbarger	Vinyasa Yoga Jordan Tallman	Stronger Jude McCarthy	Quick HIIT CJ	Stronger Victoria Brickert
	True Barre: Off the Barre Meisha Reid	Body Sculpt Victoria Brickert	Pilates Mat Shana Peters	Best Abs Ever CJ	MetCon3 Victoria Brickert
MetCon Monday Michael Wollpert					
Precision Run@ Michael Wollpert	Whipped! Jim Jalove	Stacked Cassie Liveris	Stronger Devin Buchanan	Best Butt Ever Anthony May	
Pilates Rise Julie Valenti	Stronger Eleonora Davidkova	Precision Run@ Jude McCarthy	Core6 Devin Buchanan	Vinyasa Yoga Woni Lang	Vinyasa Yoga Eric Shainock
		Pilates Mat Cassie Liveris			
Vinyasa Yoga Stephanie Azzaretto	Pilates Fusion Thomas Selvidge		Sculpted Yoga™ Allison English	Pilates Fusion Sophie Herrejon	
Anthem Ride Michael Wollpert	Body Sculpt Chelsea Wolfe	True Barre: Off the Barre Glenn Snellgrose	Stacked Victoria Brickert		
Stacked Abigail Moseman	Vinyasa Yoga Chelsea Wolfe	Beats Ride Glenn Snellgrose	Gentle Yoga Allison English		
Upper Body Pump Abigail Moseman	Core6 Anthony May	Stronger Michael Wollpert			
Best Abs Ever Abigail Moseman		Precision Walk: Elevate Michael Wollpert			
		MetCon3 Abigail Moseman			

EQUINOX

THE LOOP

200 West Monroe Street

CHICAGO IL 60606

EQUINOX.COM

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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

jim.jalove@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

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.



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.



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.

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.



HIIT

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells 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.

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.

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.

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.



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.

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

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.

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.

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.