

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30-12:15 MS* MetCon Monday <i>Michael Wollpert</i>	6:30-7:15 MS* Stronger <i>Kristi Harshbarger</i>	7:30-8:15 MS* Body Sculpt <i>Victoria Brickert</i>	6:30-7:15 MS* Stronger <i>Jude McCarthy</i>	7:30-8:15 MS* <b>Body Sculpt</b> <b>CJ</b>	9:30-10:15 MS* Stronger <i>Team Equinox</i>
12:15-1:05 TR* Precision Run@ <i>Michael Wollpert</i>	7:30-8:15 MS* True Barre: Off the Barre <i>Meisha Reid</i>	11:30-12:15 MS* Stacked <i>Cassie Liveris</i>	7:30-8:15 MS* Pilates Mat <i>Thomas Selvidge</i>	11:30-12:15 MS* <b>Tabata Max</b> <b>Anthony May</b>	11:30-12:30 MS* Vinyasa Yoga <i>Eric Shainock</i>
12:30-1:15 MS* Power Vinyasa <i>Christy Pemrick</i>	11:30-12:15 MS* <b>Whipped!</b> <b>Anthony May</b>	12:15-1:05 TR* Precision Run@ <i>Jude McCarthy</i>	11:30-12:15 MS* Stronger <i>Devin Buchanan</i>	12:30-1:15 MS* Vinyasa Yoga <i>Woni Lang</i>	
4:15-5:00 MS* Vinyasa Yoga <i>Stephanie Azzaretto</i>	12:30-1:15 MS* Stronger <i>Eleonora Davidkova</i>	12:30-1:15 MS* Pilates Mat <i>Cassie Liveris</i>	12:30-1:15 MS* Core6 <i>Devin Buchanan</i>	5:30-6:15 MS* Pilates Fusion <i>Sophie Herrejon</i>	
5:15-6:00 CS* Anthem Ride <i>Michael Wollpert</i>	4:15-5:00 MS* Pilates Fusion <i>Thomas Selvidge</i>	4:15-5:00 MS* True Barre: Off the Barre <i>Glenn Snellgrose</i>	4:15-5:05 MS* Sculpted Yoga™ <i>Allison English</i>		
5:15-6:00 MS* Stacked <i>Abigail Moseman</i>	5:15-6:00 MS* Body Sculpt <i>Chelsea Wolfe</i>	5:15-6:00 CS* Beats Ride <i>Glenn Snellgrose</i>	5:15-6:00 MS* Stacked <i>Victoria Brickert</i>		
6:15-6:45 MS* Upper Body Pump <i>Abigail Moseman</i>	6:15-7:00 MS* Vinyasa Yoga <i>Chelsea Wolfe</i>	5:15-6:00 MS* Stronger <i>Michael Wollpert</i>	6:15-7:00 MS* Gentle Yoga <i>Allison English</i>		
6:45-7:15 MS* Best Abs Ever <i>Abigail Moseman</i>	7:15-8:00 MS* Core6 <i>Anthony May</i>	6:00-6:50 TR* Precision Walk: Elevate <i>Michael Wollpert</i>			
		6:15-7:00 MS* MetCon3 <i>Abigail Moseman</i>			

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

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.

**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®** 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.

**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.

**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, 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.

**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: 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.

## 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.

**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.