

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30 MS * Best Butt Ever <i>Angela Leigh</i>	5:30-6:15 YS * True Barre <i>Heidi Freitag</i>	6:00-6:45 YS * Power Vinyasa (Heated) <i>Woni Lang</i>	5:30-6:15 YS * Pilates Fusion <i>Sophie Herrejon</i>	6:00-6:45 MS * Core6 <i>Eleonora Davidkova</i>	8:00-8:45 YS * Pilates Fusion <i>Sophie Herrejon</i>	9:00-9:45 CS * Beats Ride <i>Marquis Johnson</i>
6:00-6:45 YS * True Barre: Off the Barre (Heated) <i>Sam Stedry</i>	6:00-6:45 MS * Stacked <i>Haley Gunst</i>	6:15-7:00 MS * Stronger <i>Devin Buchanan</i>	6:00-6:50 MS * 360 Strength <i>Jim Jalove</i>	6:00-7:00 YS * Power Vinyasa <i>Mia Rose Voss</i>	8:30-9:20 MS * Whipped! <i>Jack Halbert</i>	9:00-9:45 YS * True Barre <i>Jazmin Rivers</i>
6:30-7:15 MS * Core6 <i>Angela Leigh</i>	6:15-7:00 CS * Beats Ride <i>Scott Wiley</i>	7:00-7:45 YS * True Barre <i>Cassie Liveris</i>	6:15-7:00 CS * Beats Ride <i>Toni Jackson</i>	6:45-7:15 MS * Upper Body Pump <i>Eleonora Davidkova</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Christy Pemrick</i>	9:15-10:00 MS * Tabata Max <i>Stephan Kunca</i>
7:00-7:45 YS * True Barre <i>Sam Stedry</i>	6:30-7:15 YS * Pilates Mat (Heated) <i>Mia Rose Voss</i>	7:15-8:00 CS * Anthem Ride <i>Marquis Johnson</i>	6:30-7:15 YS * True Barre (Heated) <i>Anna Stephens</i>	7:15-8:00 CS * Beats Ride <i>Alex Amati</i>	9:15-10:00 CS * Beats Ride <i>Will Haley</i>	10:00-11:00 MS * Power Vinyasa (Heated) <i>Sammi Callaghan</i>
7:15-8:00 CS * Beats Ride <i>Ryan Cargie</i>	6:45-7:35 TR * Precision Run® <i>Tammy Whyte</i>	7:15-8:00 MS * Athletic Conditioning <i>Devin Buchanan</i>	6:45-7:35 TR * Precision Run® <i>Tammy Whyte</i>	7:15-8:00 YS * Pilates Rise <i>Shana Peters</i>	9:30-10:15 MS * Stacked <i>Jack Halbert</i>	10:15-11:05 MS * Rhythmic Sculpt <i>Chelsea Wolfe</i>
7:30-8:15 MS * Athletic Conditioning <i>Jim Jalove</i>	7:00-7:30 MS * Upper Body Pump <i>CJ</i>	7:45-8:35 TR * Precision Walk: Elevate <i>Francesca Rollo</i>	7:00-7:45 MS * MetCon3 <i>Eleonora Davidkova</i>	7:30-8:15 MS * Stronger <i>Jim Jalove</i>	10:15-11:00 YS * True Barre (Heated) Meisha Reid	10:30-11:15 CS * Anthem Ride <i>Marquis Johnson</i>
8:00-8:45 YS * Pilates at the Barre <i>Angela Leigh</i>	7:30-7:45 MS * Best Abs Ever <i>CJ</i>	8:00-8:45 YS * Pilates Fusion <i>Dan Hurst</i>	7:30-8:30 YS * Power Vinyasa (Heated) <i>Sammi Callaghan</i>	8:15-9:00 YS * Pilates at the Barre <i>Angela Leigh</i>	10:30-11:15 MS * The Cut <i>CJ</i>	
9:15-10:00 YS * Pilates Rise <i>Shana Peters</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Chelsea Wolfe</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>April Falcon</i>	8:15-9:00 MS * Pilates Mat <i>Angela Leigh</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Cassie Liveris</i>	10:45-11:30 CS * Beats Ride <i>Dylan Eike</i>	11:15-11:45 MS * Best Butt Ever <i>Abigail Moseman</i>
9:30-10:15 MS * Body Sculpt <i>Devin Buchanan</i>	7:45-8:00 MS * Best Butt Ever <i>CJ</i>		9:00-9:45 YS * True Barre (Heated) <i>Jill Sellers</i>	9:30-10:15 MS * Core6 <i>CJ</i>		11:30-12:15 YS * Pilates Fusion <i>Sophie Herrejon</i>
	8:15-9:00 MS * True Barre: Off the Barre <i>Sam Stedry</i>	11:15-12:00 YS * Pilates Mat <i>Kia Williams</i>	11:00-11:45 YS * Pilates Fusion <i>Andrea Rubenstein</i>		11:15-12:00 YS * True Barre: Off the Barre <i>Meisha Reid</i>	11:45-12:15 MS * Best Abs Ever <i>Abigail Moseman</i>
11:15-12:00 YS * Pilates at the Barre <i>Glenn Snellgrose</i>	9:00-9:45 YS * Pilates Mat <i>Jeffrey Morris</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Glenn Snellgrose</i>		11:15-12:00 YS * Pilates Fusion <i>Julie Valenti</i>	11:30-12:15 MS * Stronger <i>Glenn Snellgrose</i>	12:30-1:15 YS * True Barre <i>Susan Mowder</i>
12:15-1:00 YS * Pilates Fusion <i>Bonnie Bushnell</i>	9:15-10:00 MS * Stronger <i>Cassie Liveris</i>	12:30-1:15 MS * Stronger <i>Jim Jalove</i>	12:00-12:45 MS * Best Butt Ever <i>Julie Valenti</i>	11:45-12:30 CS * Beats Ride <i>Marquis Johnson</i>	12:15-1:15 YS * Power Vinyasa (Heated) <i>Kia Williams</i>	1:30-2:15 YS * Pilates Fusion (Heated) <i>Dan Hurst</i>
12:30-1:15 MS * Stronger <i>Devin Buchanan</i>	11:00-11:45 YS * True Barre: Bala Bangle <i>Cassie Liveris</i>	3:15-4:00 YS * Pilates at the Barre <i>Shana Peters</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Allison English</i>	12:15-1:00 YS * True Barre <i>Cassie Liveris</i>	12:30-1:15 MS * Pilates Mat <i>Steph Smolen</i>	3:00-4:00 YS * Vinyasa Yoga (Heated) <i>Lauren Twombly</i>
3:15-4:00 YS * Pilates Mat <i>Cassie Liveris</i>			3:30-4:15 YS * True Barre: Off the Barre <i>Meisha Reid</i>	12:30-1:15 MS * Cardio Sculpt <i>Jill Sellers</i>		
	12:00-12:45 MS * Body Sculpt <i>Devin Buchanan</i>	4:15-5:00 YS * Pilates Fusion <i>Bonnie Bushnell</i>		3:15-4:00 YS * True Barre <i>Jill Sellers</i>	3:30-4:30 YS * Sculpted Yoga™ <i>Chelsea Wolfe</i>	4:30-5:30 YS * Weekend Wind Down Yoga <i>Lauren Twombly</i>
4:15-5:00 YS * True Barre <i>Cassie Liveris</i>	12:00-12:45 YS * Pilates Mat <i>Jordan Tallman</i>	5:00-5:30 MS * Upper Body Pump <i>Jack Halbert</i>	4:00-4:45 MS * Core6 <i>Devin Buchanan</i>			
4:30-5:20 MS * 360 Strength <i>Eric Cobb</i>	3:30-4:15 YS * True Barre <i>Cassie Liveris</i>	5:15-6:00 YS * True Barre: Bala Bangle <i>Bonnie Bushnell</i>	4:30-5:15 YS * True Barre <i>Susan Mowder</i>	4:00-4:45 MS * Pilates Mat <i>Thomas Selvidge</i>		
5:15-6:00 CS * Anthem Ride <i>Marquis Johnson</i>		5:30-6:15 CS * Beats Ride <i>Andrew Ribeiro</i>	5:00-5:45 MS * The Cut <i>Devin Buchanan</i>	4:15-5:15 YS * Vinyasa Yoga <i>Alison Riazzi</i>		
5:15-6:00 YS * True Barre: Cardio <i>Jaclyn Walters</i>	4:30-5:30 YS * Power Vinyasa (Heated) <i>Christy Pemrick</i>	5:30-6:15 MS * Core6 <i>Jack Halbert</i>	5:30-6:15 CS * Beats Ride <i>Dylan Eike</i>	5:00-5:45 CS * Beats Ride <i>Kim Di Nino</i>		
5:30-6:15 MS * Stronger <i>CJ</i>	5:00-5:45 MS * Whipped! <i>Eleonora Davidkova</i>	6:15-6:45 MS * Best Butt Ever <i>Jack Halbert</i>	5:30-6:15 YS * Pilates Mat <i>Sophie Herrejon</i>	5:15-6:00 MS * Stronger <i>Zane Glotzbach</i>		
6:15-7:05 TR * Precision Run + Strength <i>Tammy Whyte</i>	5:15-6:00 CS * Beats Ride <i>Marquis Johnson</i>	6:15-7:00 TR * Precision Run® <i>Allison English</i>	6:00-6:45 MS * Stronger <i>Anthony May</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Alison Riazzi</i>		
6:15-7:00 YS * True Barre <i>Lindsay Nolden</i>	5:30-6:20 TR * Precision Run® <i>Michael Wollpert</i>	6:15-7:15 YS * Gentle Yoga <i>Christy Pemrick</i>	6:30-7:45 YS * Vinyasa Yoga (Heated) <i>Jordan Tallman</i>			
6:30-7:15 CS * Beats Ride <i>Marquis Johnson</i>	5:45-6:30 YS * True Barre <i>Jill Sellers</i>	7:00-7:45 MS * Pilates Fusion <i>Anna Brush</i>	7:00-7:45 MS * True Barre: Cardio <i>Jaclyn Walters</i>			
6:30-7:15 MS * Rounds: Boxing <i>April Falcon</i>	6:00-6:45 MS * MetCon3 <i>Habibah Sanusi</i>	7:30-8:30 YS * Sculpted Yoga™ (Heated) <i>Lauren Twombly</i>				
7:15-8:15 YS * Power Vinyasa (Heated) <i>Woni Lang</i>	6:30-7:15 CS * Anthem Ride <i>Zane Glotzbach</i>	8:00-8:45 MS * True Barre: Off the Barre <i>Anna Brush</i>				
7:30-8:15 MS * True Barre: Bala Bangle Sam Stedry	6:45-7:45 YS * Gentle Yoga <i>Lauren Twombly</i>					
	7:00-7:45 MS * True Barre: Off the Barre <i>Jazmin Rivers</i>					

EQUINOX

LINCOLN COMMON

2355 North Lincoln Avenue

CHICAGO IL 60614

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

glenn.snellgrose@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga 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 + 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.

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.

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.



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 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.

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 This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.



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.



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.

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, 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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.