

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

# EQUINOX

## LINCOLN COMMON

2355 North Lincoln Avenue

CHICAGO IL 60614

EQUINOX.COM

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**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.

**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.

**TRX Max** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

**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

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**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.