

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * <b>True Barre: Off the Barre (Heated)</b> <b>Stephanie Azzaretto</b>	5:30-6:15 YS * True Barre <i>Lindsay Nolden</i>	6:00-6:45 YS * Power Vinyasa (Heated) <i>Woni Lang</i>	5:30-6:15 YS * Pilates Fusion <i>Sophie Herrejon</i>	6:15-7:00 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>
6:15-7:00 MS * Best Butt Ever <i>Angela Leigh</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>Anthony May</i>	6:15-7:00 YS * True Barre: Bala Bangle <i>Heidi Freitag</i>	9:00-9:45 MS * Athletic Conditioning (Outdoor) <i>Jack Halbert</i>	9:00-9:45 YS * True Barre <i>Jazmin Rivers</i>
7:00-7:45 YS * True Barre <b>Glenn Snellgrose</b>	6:15-7:00 CS * Beats Ride <i>Scott Wiley</i>	7:00-7:45 YS * True Barre <i>Patty Boyle</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 MS * Vinyasa Yoga (Heated) <i>Christy Pemrick</i>	9:15-10:00 MS * Stacked <i>Abigail Moseman</i>
7:15-8:00 MS * Stronger <i>Angela Leigh</i>	6:30-7:15 YS * Pilates Mat (Heated) <i>Sammi Callaghan</i>	7:15-8:00 MS * Anthem Ride <i>Marquis Johnson</i>	6:45-7:35 TR * Precision Run® <i>Tammy Whyte</i>	7:15-8:00 MS * Stronger <i>Jim Jalove</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Will Haley</i>	10:00-11:00 YS * Power Vinyasa (Heated) <i>Sammi Callaghan</i>
8:00-8:45 YS * Pilates at the Barre <i>Shana Peters</i>	6:45-7:35 TR * Precision Run® <i>Tammy Whyte</i>	7:15-8:00 MS * Athletic Conditioning <i>Devin Buchanan</i>	7:00-7:45 MS * MetCon3 <i>Eleonora Davidkova</i>	7:15-8:00 YS * Pilates Rise <i>Shana Peters</i>	9:15-10:00 MS * Beats Ride <i>Meisha Reid</i>	10:15-11:00 MS * Body Sculpt <i>Maddie Lalevee</i>
9:30-10:15 MS * Body Sculpt <i>Devin Buchanan</i>	7:00-7:30 MS * Upper Body Pump <i>CJ</i>	7:45-8:35 TR * Precision Walk: Elevate <i>Francesca Rollo</i>	7:30-8:30 YS * Power Vinyasa (Heated) <i>Sammi Callaghan</i>	8:15-9:00 YS * Pilates at the Barre <i>Angela Leigh</i>	9:30-10:15 MS * <b>Leg Day</b> <b>Glenn Snellgrose</b>	10:15-11:00 MS * Anthem Ride <i>Marquis Johnson</i>
11:15-12:00 YS * Pilates at the Barre <i>Patty Boyle</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Chelsea Wolfe</i>	8:00-8:45 YS * Pilates Fusion <i>Dan Hurst</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>	10:30-11:15 MS * <b>Stacked</b> <b>Jack Halbert</b>	10:30-11:15 CS * True Barre (Heated) <i>Meisha Reid</i>
12:15-1:00 YS * Pilates Fusion <i>Patty Boyle</i>	8:15-9:00 MS * True Barre: Off the Barre <b>Lia Montelongo</b>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>April Falcon</i>	9:00-9:45 YS * True Barre (Heated) <b>Lia Montelongo</b>	11:00-11:45 YS * Pilates Fusion <i>Andrea Rubenstein</i>	10:45-11:30 CS * Beats Ride <i>Dylan Eike</i>	11:15-12:00 MS * Core6 <i>Anthony May</i>
12:30-1:15 MS * Stronger <i>Devin Buchanan</i>	9:15-10:00 MS * Stronger <i>Cassie Liveris</i>	11:15-12:00 YS * Pilates Mat <i>Kia Williams</i>	11:00-11:45 YS * Pilates Fusion <i>Andrea Rubenstein</i>	12:00-12:45 MS * True Barre: Bala Bangle <i>Glenn Snellgrose</i>	11:15-12:00 YS * True Barre: Off the Barre <i>Meisha Reid</i>	11:30-12:15 YS * Pilates Fusion <i>Sammi Callaghan</i>
3:15-4:00 YS * Pilates Mat <i>Cassie Liveris</i>	11:00-11:45 YS * True Barre: Bala Bangle <i>Cassie Liveris</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Glenn Snellgrose</i>	12:00-12:45 MS * Leg Day <b>Julie Valenti</b>	12:15-1:00 YS * True Barre <i>Cassie Liveris</i>	12:15-1:00 MS * Beats Ride <i>Marquis Johnson</i>	12:15-12:45 MS * Best Butt Ever <i>Anthony May</i>
4:15-5:00 YS * True Barre <i>Cassie Liveris</i>	12:00-12:45 MS * Body Sculpt <i>Devin Buchanan</i>	12:30-1:15 MS * Stronger <i>CJ</i>	12:00-1:00 YS * Sculpted Yoga™ <i>Allison English</i>	12:30-1:15 MS * Rounds: Boxing <i>TC Burrows</i>	12:30-1:15 MS * Stronger <b>CJ</b>	12:30-1:15 YS * True Barre <i>Susan Mowder</i>
4:30-5:20 MS * 360 Strength <i>Anthony May</i>	12:00-12:45 YS * Pilates Mat <i>Alisha Barker</i>	3:15-4:00 YS * Pilates at the Barre <i>Shana Peters</i>	3:30-4:15 YS * True Barre: Off the Barre <i>Meisha Reid</i>	3:15-4:00 YS * True Barre <i>Stephanie Azzaretto</i>	11:30-12:15 MS * True Barre <i>Meisha Reid</i>	12:45-1:15 MS * Upper Body Pump <i>Anthony May</i>
5:15-6:00 CS * Anthem Ride <i>Marquis Johnson</i>	3:30-4:15 YS * True Barre <i>Cassie Liveris</i>	4:00-4:45 MS * Body Sculpt <i>Mikhaila Woodall</i>	4:00-4:45 MS * Core6 <i>Devin Buchanan</i>	3:15-4:00 YS * True Barre <i>Stephanie Azzaretto</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>
5:15-6:00 YS * Pilates Rise <i>Jeffrey Morris</i>	4:30-5:30 YS * Power Vinyasa (Heated) <i>Christy Pemrick</i>	4:15-5:00 YS * Pilates Fusion <i>Patty Boyle</i>	4:30-5:15 YS * True Barre <i>Susan Mowder</i>	4:00-4:45 MS * Pilates Mat <i>Thomas Selvidge</i>	12:30-1:15 MS * Pilates Mat <i>Steph Smolen</i>	3:00-4:00 YS * Vinyasa Yoga (Heated) <i>Lauren Twombly</i>
5:30-6:15 MS * Leg Day <b>CJ</b>	5:00-5:45 MS * Whipped! <i>Eleonora Davidkova</i>	5:15-5:45 MS * Upper Body Pump <i>Jack Halbert</i>	5:00-5:45 MS * The Cut <i>Devin Buchanan</i>	4:15-5:15 YS * Vinyasa Yoga <i>Alison Riazzi</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>
6:15-7:05 TR * Precision Run® <b>Sophie Herrejon</b>	5:00-5:45 MS * Whipped! <i>Eleonora Davidkova</i>	5:15-6:00 YS * True Barre: Bala Bangle <i>Patty Boyle</i>	5:30-6:15 CS * Beats Ride <i>Dylan Eike</i>	5:00-5:45 CS * Beats Ride <i>Kim Di Nino</i>	5:15-6:00 MS * Stronger <i>Zane Glotzbach</i>	
6:15-7:00 YS * True Barre <i>Lindsay Nolden</i>	5:30-6:15 CL * Pilates Fusion (Outdoor) <b>Steph Smolen</b>	5:30-6:15 CS * Beats Ride <i>Andrew Ribeiro</i>	5:30-6:15 YS * Pilates Mat <i>Sophie Herrejon</i>	5:15-6:00 MS * Stronger <i>Zane Glotzbach</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Alison Riazzi</i>	
6:30-7:15 CS * Beats Ride <i>Marquis Johnson</i>	5:30-6:20 TR * Precision Run® <i>Michael Wolpert</i>	5:45-6:15 MS * Best Butt Ever <i>Jack Halbert</i>	6:00-6:45 MS * Stronger <i>Anthony May</i>	6:15-7:00 MS * Cardio Dance <i>CJ</i>		
6:30-7:15 MS * Rounds: Boxing <i>April Falcon</i>	5:45-6:30 CS * Anthem Ride <i>Zane Glotzbach</i>	6:15-6:45 MS * Best Abs Ever <i>Jack Halbert</i>	6:30-7:45 YS * Vinyasa Yoga (Heated) <i>Stephanie Azzaretto</i>			
7:15-8:15 YS * Power Vinyasa (Heated) <i>Woni Lang</i>	5:45-6:30 YS * True Barre <i>Stephanie Azzaretto</i>	6:15-7:00 TR * Precision Run® <i>Allison English</i>	7:00-7:45 MS * Body Sculpt <b>Victoria Brickert</b>			
7:30-8:15 MS * True Barre: Bala Bangle <b>CJ</b>	6:00-6:45 MS * MetCon3 <i>Habibah Sanusi</i>	6:15-7:15 YS * Gentle Yoga <i>Christy Pemrick</i>				
	6:45-7:45 YS * Gentle Yoga <i>Lauren Twombly</i>	7:15-8:00 MS * Pilates Fusion <i>Anna Brush</i>				
	7:00-7:45 MS * True Barre: Off the Barre <i>Jazmin Rivers</i>	7:30-8:30 YS * Sculpted Yoga™ (Heated) <i>Lauren Twombly</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

**CL** Club Lobby

## 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.

**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, 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.

**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.

**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: 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.

## **Dance**

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

## **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.

## **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 strong. Get powerful. An Equinox exclusive.

**Leg Day** Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.