

EQUNOX

LINCOLN COMMON

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

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

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EQUINOX

LINCOLN COMMON

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CHICAGO IL 60614

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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.

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.