

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

EQUINOX

LINCOLN COMMON

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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.

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.

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.



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.