EQUINOX

**LINCOLN COMMON**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

**KEY** **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

## MONDAY

| | |
|---|---|
| 6:00-6:45 YS * | Barefoot Sculpt: The Ring (Heated) *CJ* |
| 6:15-7:00 MS * | Best Butt Ever *Angela Leigh* |
| 7:00-7:45 YS * | True Barre *Stephanie Azzaretto* |
| 7:15-8:00 MS * | Stronger *Angela Leigh* |
| 7:30-8:15 TR * | **Precision Walk: Elevate** ***Francesca Rollo*** |
| 8:00-8:45 YS * | Pilates at the Barre *Shana Peters* |
| 9:30-10:15 MS * | Body Sculpt *Devin Buchanan* |
| 11:00-11:45 YS * | Barefoot Sculpt: The Ring *Kia Williams* |
| 12:15-1:00 YS * | **Pilates Fusion** ***Kia Williams*** |
| 12:30-1:15 MS * | Stronger *Devin Buchanan* |
| 3:15-4:00 YS * | **Pilates Fusion (Heated)** ***Cassie Liveris*** |
| 4:15-5:00 YS * | True Barre *Cassie Liveris* |
| 4:30-5:15 MS * | Body Sculpt *Anthony May* |
| 5:15-6:00 YS * | Pilates at the Barre *Jeffrey Morris* |
| 5:30-6:15 MS * | Stronger *CJ* |
| 6:00-6:45 CS * | THEME RIDE: *Anthony May* |
| 6:15-7:00 YS * | True Barre *Lindsay Nolden* |
| 6:30-7:15 MS * | **Pilates Mat** ***Thomas Selvidge*** |
| 7:15-8:15 YS * | Power Vinyasa (Heated) *Woni Lang* |
| 7:30-8:15 MS * | MetCon Monday *Heidi Freitag* |

## TUESDAY

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|---|---|
| 5:30-6:15 YS * | True Barre *Sophie Herrejon* |
| 6:00-6:45 MS * | Stacked *Haley Gunst* |
| 6:15-7:00 CS * | Beats Ride *Scott Wiley* |
| 6:30-7:15 YS * | Pilates Mat (Heated) *Sammi Callaghan* |
| 6:45-7:35 TR * | Precision Run® *Tammy Whyte* |
| 7:00-7:30 MS * | Upper Body Pump *Team Equinox* |
| 7:30-7:45 MS * | Best Abs Ever *Team Equinox* |
| 7:30-8:30 YS * | Sculpted Yoga™ *Chelsea Wolfe* |
| 8:15-9:00 MS * | True Barre: Off the Barre *Lia Montelongo* |
| 9:15-10:05 MS * | Stronger *Cassie Liveris* |
| 9:15-10:00 YS * | Pilates at the Barre *Patty Boyle* |
| 11:00-11:45 YS * | True Barre: Bala Bangle *Cassie Liveris* |
| 12:00-12:45 MS * | Body Sculpt *Devin Buchanan* |
| 12:15-1:00 YS * | Pilates Mat *Laken Browning* |
| 3:15-4:00 YS * | True Barre *Cassie Liveris* |
| 4:15-5:00 MS * | **Athletic Conditioning** ***Maddie Lalevee*** |
| 4:15-5:00 YS * | Power Vinyasa (Heated) *Christy Pemrick* |
| 5:30-6:15 MS * | Pilates Fusion *Angela Leigh* |
| 5:30-6:15 YS * | True Barre *Stephanie Azzaretto* |
| 5:45-6:30 CS * | Beats Ride *Will Haley* |
| 6:30-7:00 MS * | Upper Body Pump *Zane Glotzbach* |
| 6:30-7:15 YS * | Athletic Stretch *Angela Leigh* |
| 7:00-7:15 MS * | Best Abs Ever *Zane Glotzbach* |
| 7:30-8:15 MS * | **Best Butt Ever** ***Jazmin Rivers*** |
| 7:30-8:30 YS * | Gentle Yoga *Lauren Twombly* |

## WEDNESDAY

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|---|---|
| 6:00-6:45 YS * | Power Vinyasa (Heated) *Woni Lang* |
| 6:15-7:00 MS * | Stronger *Devin Buchanan* |
| 7:00-7:45 YS * | True Barre *Patty Boyle* |
| 7:15-8:00 CS * | Beats Ride *Scott Wiley* |
| 7:15-8:00 MS * | Athletic Conditioning *Devin Buchanan* |
| 8:00-8:45 YS * | Pilates Fusion *Dan Hurst* |
| 9:00-10:00 YS * | Vinyasa Yoga (Heated) *April Falcon* |
| 9:30-10:15 MS * | Leg Day *Brittany Ferrin* |
| 11:00-11:45 YS * | Pilates Mat *Laken Browning* |
| 12:15-1:00 MS * | Stronger Women *Kia Williams* |
| 12:15-1:00 YS * | True Barre: Bala Bangle *Glenn Snellgrose* |
| 3:30-4:15 MS * | TRX Max *Shana Peters* |
| 4:15-5:00 YS * | Pilates Fusion *Bonnie Bushnell* |
| 4:30-5:15 MS * | Body Sculpt *Mikhaila Woodall* |
| 5:15-6:00 YS * | True Barre: Bala Bangle *Bonnie Bushnell* |
| 5:30-6:15 MS * | Leg Day *Jack Halbert* |
| 5:45-6:30 TR * | Precision Run® *Allison English* |
| 6:00-6:45 CS * | Beats Ride *Anthony May* |
| 6:15-7:15 YS * | Power Vinyasa *Christy Pemrick* |
| 6:30-7:15 MS * | True Barre: Off the Barre *Jack Halbert* |
| 7:30-8:15 MS * | Stronger *Victoria Brickert* |
| 7:30-8:15 YS * | Restorative Yoga *Christy Pemrick* |

## THURSDAY

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|---|---|
| 5:30-6:15 YS * | Pilates Fusion *Sophie Herrejon* |
| 6:00-6:50 MS * | 360 Strength *Anthony May* |
| 6:30-7:15 YS * | True Barre (Heated) *Anna Stephens* |
| 6:45-7:35 TR * | Precision Run® *Tammy Whyte* |
| 7:00-7:45 MS * | Body Sculpt *Maddie Lalevee* |
| 7:30-8:30 YS * | **Power Vinyasa (Heated)** ***Sammi Callaghan*** |
| 8:15-9:00 MS * | Pilates Mat *Angela Leigh* |
| 9:15-10:00 MS * | Core6 *Devin Buchanan* |
| 9:15-10:00 YS * | True Barre (Heated) *Lia Montelongo* |
| 11:00-11:45 YS * | Pilates Fusion *Andrea Rubenstein* |
| 12:00-12:45 MS * | Leg Day *Julie Valenti* |
| 12:15-1:00 YS * | Barefoot Sculpt: The Ring *Mikhaila Woodall* |
| 3:15-4:00 YS * | True Barre: Off the Barre *Meisha Reid* |
| 4:15-5:00 YS * | Vinyasa Yoga (Heated) *Woni Lang* |
| 4:30-5:15 MS * | Cardio Dance *CJ* |
| 5:15-6:00 YS * | True Barre *Susan Mowder* |
| 5:30-6:15 MS * | Stacked *Anthony May* |
| 5:45-6:30 CS * | Beats Ride *Joshua Grabowski* |
| 6:15-7:00 YS * | **Vinyasa Yoga (Heated)** ***Stephanie Azzaretto*** |
| 6:30-7:15 MS * | **Tabata Max** ***Anthony May*** |
| 7:15-8:00 YS * | Pilates Mat *Stephanie Azzaretto* |

## FRIDAY

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|---|---|
| 6:00-6:45 YS * | **True Barre: Off the Barre** ***Heidi Freitag*** |
| 6:15-7:00 MS * | Core6 *Eleonora Davidkova* |
| 7:00-7:45 CL * | **Precision Run Club** ***Vinny Aranas*** |
| 7:10-8:00 YS * | Pilates Rise *Shana Peters* |
| 7:15-8:00 CS * | Beats Ride *Will Haley* |
| 7:15-8:00 MS * | Stronger *Maddie Lalevee* |
| 8:15-9:00 YS * | Pilates at the Barre *Angela Leigh* |
| 8:30-9:15 MS * | **Cardio Sculpt** ***Maddie Lalevee*** |
| 9:30-10:15 MS * | Stronger Women *Brittany Ferrin* |
| 9:30-10:15 YS * | True Barre: Bala Bangle *Cassie Liveris* |
| 11:00-11:45 YS * | Pilates Fusion *Julie Valenti* |
| 12:15-1:00 YS * | True Barre *Cassie Liveris* |
| 12:30-1:00 MS * | Quick HIIT *Eleonora Davidkova* |
| 1:00-1:15 MS * | Best Abs Ever *Eleonora Davidkova* |
| 1:30-2:30 YS * | Sculpted Yoga™ *Christy Pemrick* |
| 3:15-4:00 YS * | True Barre *Stephanie Azzaretto* |
| 4:00-4:45 MS * | **Body Sculpt** ***Andrea Malcolm*** |
| 4:15-5:15 YS * | Vinyasa Yoga *Alison Riazi* |
| 5:00-5:45 MS * | Stronger *Zane Glotzbach* |
| 5:30-6:15 YS * | **Pilates Fusion** ***Thomas Selvidge*** |

## SATURDAY

| | |
|---|---|
| 8:00-8:45 YS * | Pilates Fusion *Sophie Herrejon* |
| 8:15-9:00 MS * | Body Sculpt *CJ* |
| 9:00-10:00 YS * | Vinyasa Yoga (Heated) *Christy Pemrick* |
| 9:15-10:00 MS * | Stacked *Jack Halbert* |
| 9:15-10:00 TR * | Precision Walk: Elevate *CJ* |
| 10:00-10:45 CS * | Beats Ride *Dylan Eike* |
| 10:15-11:00 MS * | The Cut *Jack Halbert* |
| 10:15-11:00 YS * | True Barre: Off the Barre (Heated) *Meisha Reid* |
| 11:15-12:00 MS * | True Barre: Off the Barre *Meisha Reid* |
| 11:30-12:15 YS * | Power Vinyasa (Heated) *Kia Williams* |
| 12:15-1:00 MS * | Stronger Women *Victoria Brickert* |
| 12:45-1:30 YS * | Pilates at the Barre *Kia Williams* |
| 3:00-3:45 YS * | Best Stretch Ever (Heated) *Chelsea Wolfe* |

## SUNDAY

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|---|---|
| 8:00-8:45 YS * | Pilates Mat *Stephanie Azzaretto* |
| 9:00-9:45 CS * | THEME RIDE: *Marquis Johnson* |
| 9:15-10:00 YS * | **True Barre** ***Heidi Freitag*** |
| 9:30-10:15 MS * | Tabata Max *CJ* |
| 10:30-11:15 CS * | Anthem Ride *Marquis Johnson* |
| 10:30-11:15 MS * | Body Sculpt *Maddie Lalevee* |
| 10:30-11:30 YS * | **Power Vinyasa (Heated)** ***Sammi Callaghan*** |
| 11:30-12:20 MS * | Stronger *Anthony May* |
| 12:00-12:45 YS * | Pilates Fusion *Sammi Callaghan* |
| 12:30-1:15 MS * | True Barre: Off the Barre *Susan Mowder* |
| 2:45-3:45 YS * | Vinyasa Yoga (Heated) *Lauren Twombly* |
| 4:15-5:15 YS * | Weekend Wind Down Yoga *Lauren Twombly* |

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**

shana.peters@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.
**THEME RIDE:** A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

## 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.
**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
**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.

## 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.

## Sculpt

**Barefoot Sculpt: The Ring** A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
**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.

## Running

**Precision Run Club** Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. An Equinox exclusive.
**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.

## 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.
**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.
**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

## 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

**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.

## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you’re an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. 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.
**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.
**Stronger Women** Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women’s performance program. Optimized for women, but open to all. 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.