

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:35 YS * Pilates Rise <i>Sophie Herrejon</i>	5:45-6:30 YS * Power Vinyasa (Heated) <i>Stephanie Azzaretto</i>	5:45-6:30 YS * <b>Pilates Fusion</b> <b>Sammi Callaghan</b>	5:45-6:30 YS * Vinyasa Yoga (Heated) <i>Woni Lang</i>	5:45-6:35 YS * Pilates at the Barre <i>Jeffrey Morris</i>	8:00-8:50 MS * Ropes and Rowers <i>Jim Jalove</i>	8:30-9:15 MS * Stronger <i>Frankie Figueroa</i>
6:30-7:15 MS * MetCon Monday <i>Andrea Malcolm</i>	6:00-6:45 MS * Stronger <b>Anthony May</b>	6:00-6:45 MS * <b>Whipped!</b> <b>Jude McCarthy</b>	6:00-6:45 MS * Stronger <b>Jack Halbert</b>	6:30-7:15 MS * Body Sculpt <i>Victoria Brickert</i>	8:15-9:00 YS * Pilates Fusion <i>Jaclyn Walters</i>	8:30-9:15 YS * Pilates Mat (Heated) <i>Thomas Selvidge</i>
6:30-7:15 TR * Precision Run@ <i>Allison English</i>	6:45-7:30 CS * Beats Ride <i>Kim Di Nino</i>	6:30-7:15 TR * Precision Run@ <i>Shana Peters</i>	6:45-7:30 CS * THEME RIDE: <i>Ryan Cargie</i>	7:00-7:45 YS * <b>True Barre</b> <b>Cassie Liveris</b>	9:00-9:45 CS * THEME RIDE: <i>Angela Leigh</i>	9:15-10:00 CS * Beats Ride <i>Kim Di Nino</i>
7:00-7:45 YS * Pilates Mat (Heated) <i>Anna Brush</i>	6:45-7:35 YS * Pilates Mat (Heated) <i>Steph Smolen</i>	7:00-7:45 MS * <b>Rounds: Boxing</b> <b>TC Burrows</b>	6:45-7:35 YS * Pilates Rise (Heated) <i>Shana Peters</i>	7:45-8:30 MS * MetCon3 <i>Lukas Maki</i>	9:15-10:00 MS * Stacked <i>Jim Jalove</i>	9:30-10:15 MS * Core6 <i>Frankie Figueroa</i>
7:45-8:30 MS * Stronger <i>Brittany Ferrin</i>	7:00-7:45 MS * <b>Cardio Sculpt</b> <b>Glenn Snellgrose</b>	7:00-7:50 YS * Sculpted Yoga™ (Heated) <i>Sammi Callaghan</i>	7:00-7:45 MS * <b>Stacked</b> <b>Jack Halbert</b>	8:00-8:45 YS * Power Vinyasa (Heated) <i>Woni Lang</i>	9:15-10:15 YS * Vinyasa Yoga (Heated) <i>Kristian Dillard</i>	9:30-10:30 YS * Power Vinyasa (Heated) <i>Woni Lang</i>
8:00-8:45 YS * Vinyasa Yoga <i>Allison English</i>	8:00-8:45 YS * Pilates Fusion (Heated) <i>Kia Williams</i>	8:00-8:45 MS * <b>Best Butt Ever</b> <b>Brittany Ferrin</b>	8:00-8:45 YS * <b>Barefoot Sculpt</b> <b>CJ</b>	8:45-9:30 MS * Stronger <i>Lukas Maki</i>	9:30-10:15 TR * Precision Run@ <i>Joseph Destino</i>	10:30-11:00 MS * Upper Body Pump <i>Mikhaila Woodall</i>
8:30-9:00 MS * <b>Best Abs Ever</b> <b>Brittany Ferrin</b>	9:00-9:45 YS * <b>True Barre: Bala Bangle</b> <b>Glenn Snellgrose</b>	8:00-8:45 YS * True Barre <i>Cassie Liveris</i>	9:00-9:45 YS * <b>Pilates Fusion</b> <b>Shana Peters</b>	12:00-12:45 YS * Vinyasa Yoga (Heated) <i>Stephanie Azzaretto</i>	10:15-11:00 MS * <b>Best Butt Ever</b> <i>Angela Leigh</i>	10:45-11:30 YS * <b>Pilates Fusion</b> <b>Thomas Selvidge</b>
9:00-9:45 YS * <b>Barefoot Sculpt</b> <b>Jaclyn Walters</b>	9:15-10:00 MS * <b>Body Sculpt</b> <b>Devin Buchanan</b>	8:45-9:15 MS * <b>Upper Body Pump</b> <b>Brittany Ferrin</b>	9:15-10:00 MS * <b>Best Butt Ever</b> <b>Jim Jalove</b>	12:15-1:00 MS * Body Sculpt <i>Alisha Barker</i>	10:30-11:20 YS * Pilates Rise (Heated) <i>Sophie Herrejon</i>	11:00-11:30 MS * Best Abs Ever <i>Mikhaila Woodall</i>
12:00-12:45 MS * <b>Body Sculpt</b> <b>Anthony May</b>	4:15-5:00 YS * Barefoot Sculpt <i>Meisha Reid</i>	9:00-9:45 YS * Pilates Mat <i>Cassie Liveris</i>	4:15-5:00 YS * Pilates at the Barre <i>Alisha Barker</i>	3:15-4:00 YS * <b>Pilates Fusion</b> <b>Cassie Liveris</b>	11:15-12:00 MS * Rounds: Boxing <i>TC Burrows</i>	11:45-12:30 MS * True Barre: Off the Barre <i>Patty Boyle</i>
12:15-1:00 YS * Pilates Fusion (Heated) <i>Thomas Selvidge</i>	5:15-6:00 MS * Core6 <i>Victoria Brickert</i>	12:00-12:45 MS * Athletic Conditioning <i>Devin Buchanan</i>	5:15-6:00 MS * Rounds: Boxing <i>Jenny Terlinden</i>	4:15-5:00 YS * <b>Gentle Yoga</b> <b>Carly Bress</b>	11:45-12:30 YS * Power Vinyasa (Heated) <i>Christy Pemrick</i>	MS * 12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Katya Ortega</i>
5:00-5:45 YS * <b>Vinyasa Yoga</b> <b>Paige Willis</b>	5:30-6:15 YS * True Barre: Off the Barre (Heated) <i>Meisha Reid</i>	12:15-1:00 YS * Power Vinyasa <i>Katya Ortega</i>	5:30-6:15 YS * Power Vinyasa (Heated) <i>Carly Bress</i>	5:15-6:00 YS * Pilates Mat <i>Kia Williams</i>	12:15-1:00 MS * Stronger <i>TC Burrows</i>	2:00-2:45 YS * Pilates Mat <i>Patty Boyle</i>
5:15-6:00 MS * <b>Pilates Rise</b> <b>Julie Valenti</b>	6:00-6:45 CS * THEME RIDE: <i>Dylan Eike</i>	4:15-5:00 YS * <b>True Barre: Cardio</b> <b>Jaclyn Walters</b>	6:00-6:45 CS * THEME RIDE: <i>Kim Di Nino</i>	5:30-6:15 MS * <b>360 Strength</b> <b>Anthony May</b>	12:45-1:30 YS * Barefoot Sculpt (Heated) <i>Mikhaila Woodall</i>	3:15-4:00 YS * Yin Yoga Meditation <i>Katya Ortega</i>
5:30-6:15 CS * Beats Ride <i>Alex Amati</i>	6:15-7:00 MS * Best Butt Ever <i>Cassie Liveris</i>	5:00-5:45 MS * Stronger <i>Frankie Figueroa</i>	6:15-7:00 MS * <b>Body Sculpt</b> <b>Chelsea Wolfe</b>	6:15-7:15 MS * Slow Flow Yoga <i>Carly Bress</i>	3:00-4:15 YS * <b>Vinyasa Yoga</b> <b>Paige Willis</b>	
6:15-7:00 MS * Stronger <b>Jim Jalove</b>	6:15-7:00 TR * Precision Run@ <i>Victoria Brickert</i>	5:15-6:00 YS * Vinyasa Yoga (Heated) <i>Kristian Dillard</i>	6:15-7:00 TR * Precision Run@ <i>Jim Jalove</i>			
6:15-7:00 YS * Power Vinyasa (Heated) <i>Mike Massimino</i>	6:30-7:15 YS * Vinyasa Yoga <i>Angela Leigh</i>	5:30-6:15 CS * Beats Ride <i>Barb Fellars</i>	6:30-7:15 YS * Pilates Fusion <i>Jordan Tallman</i>			
7:15-8:00 YS * Pilates Fusion (Heated) <i>Jaclyn Walters</i>	7:00-7:30 MS * <b>Best Abs Ever</b> <b>Cassie Liveris</b>	6:00-6:45 MS * <b>The Cut</b> <b>Devin Buchanan TC Burrows</b>	7:00-7:30 MS * <b>Athletic Stretch</b> <b>Chelsea Wolfe</b>			
	7:30-8:15 YS * Pilates Mat <i>Angela Leigh</i>	6:15-7:00 YS * Pilates Fusion (Heated) <i>Jaclyn Walters</i>				
		7:15-8:00 YS * Slow Flow Yoga <i>Kristian Dillard</i>				

# EQUINOX

## FULTON MARKET

201 N Sangamon Street

CHICAGO IL 60607

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

jim.jalove@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**

**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.

## **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.

## **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.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## **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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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: 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.

## **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.

## **Sculpt**

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.