EQUINOX

**FULTON MARKET**

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

| | |
|---|---|
| 6:15-7:00 YS * | Pilates at the Barre<br>*Patty Boyle* |
| 6:30-7:15 MS * | **MetCon Monday**<br>***Heidi Freitag*** |
| 6:30-7:15 TR * | Precision Run®<br>*Allison English* |
| 7:15-8:00 YS * | Pilates Mat (Heated)<br>*Sophie Herrejon* |
| 7:45-8:30 MS * | Stronger<br>*Brittany Ferrin* |
| 8:15-9:05 YS * | Sculpted Yoga™<br>*Allison English* |
| 12:00-12:45 MS * | Body Sculpt<br>*Anthony May* |
| 4:00-4:45 YS * | **True Barre**<br>***Glenn Snellgrose*** |
| 5:00-5:45 YS * | **Vinyasa Yoga**<br>***Sammi Callaghan*** |
| 5:15-6:00 MS * | Pilates Rise<br>*Sophie Herrejon* |
| 5:30-6:15 CS * | Beats Ride<br>*Alex Amati* |
| 6:00-7:00 YS * | Power Vinyasa (Heated)<br>*Mike Massimino* |
| 6:15-7:00 MS * | **Stronger Women**<br>***Glenn Snellgrose*** |
| 7:15-8:00 YS * | Pilates Fusion (Heated)<br>*Jaclyn Walters* |

## TUESDAY

| | |
|---|---|
| 6:00-6:45 MS * | Stronger<br>*Anthony May* |
| 6:15-7:05 TR * | **Precision Run®**<br>***Team Equinox*** |
| 6:30-7:20 YS * | **Pilates Mat (Heated)**<br>***Steph Smolen*** |
| 6:45-7:30 CS * | THEME RIDE:<br>*Kim Di Nino* |
| 7:00-7:45 MS * | **Barefoot Sculpt: The Ring**<br>***Stephanie Azzaretto*** |
| 7:30-8:15 YS * | **Pilates at the Barre**<br>***Glenn Snellgrose*** |
| 8:00-8:45 MS * | **Pilates Fusion**<br>***Kia Williams*** |
| 12:15-1:00 YS * | Pilates Fusion (Heated)<br>*Thomas Selvidge* |
| 4:15-5:00 YS * | Barefoot Sculpt<br>*Meisha Reid* |
| 5:15-6:00 MS * | **Rounds: Boxing**<br>***Abigail Moseman*** |
| 5:30-6:15 YS * | True Barre: Off the Barre (Heated)<br>*Meisha Reid* |
| 6:00-6:45 CS * | THEME RIDE:<br>*Dylan Eike* |
| 6:00-6:50 TR * | Precision Run®<br>*Victoria Brickert* |
| 6:15-7:00 MS * | Best Butt Ever<br>*Cassie Liveris* |
| 6:30-7:15 YS * | Vinyasa Yoga<br>*Paige Willis* |
| 7:05-7:35 MS * | Best Abs Ever<br>*Victoria Brickert* |
| 7:30-8:15 YS * | Pilates Mat<br>*Cassie Liveris* |

## WEDNESDAY

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|---|---|
| 5:45-6:30 YS * | Pilates Fusion<br>*Sammi Callaghan* |
| 6:00-6:45 MS * | Ropes and Rowers<br>*Brittany Ferrin* |
| 6:30-7:20 TR * | Precision Run®<br>*Sophie Herrejon* |
| 7:00-7:50 YS * | Sculpted Yoga™ (Heated)<br>*Sammi Callaghan* |
| 7:45-8:30 MS * | Best Butt Ever<br>*Brittany Ferrin* |
| 8:00-8:45 YS * | True Barre<br>*Cassie Liveris* |
| 9:00-9:45 YS * | Pilates Mat<br>*Cassie Liveris* |
| 12:00-12:45 MS * | Rhythmic Sculpt<br>*Devin Buchanan* |
| 4:00-4:45 YS * | Barefoot Sculpt: The Ring<br>*Sophie Herrejon* |
| 5:00-6:00 YS * | Vinyasa Yoga (Heated)<br>*Kristian Dillard* |
| 5:15-6:00 MS * | Stronger<br>*Frankie Figueroa* |
| 5:30-6:15 CS * | THEME RIDE:<br>*Barb Fellars* |
| 6:15-7:00 YS * | Pilates Fusion (Heated)<br>*Jaclyn Walters* |
| 6:30-7:15 MS * | Body Sculpt<br>*Kia Williams* |
| 7:15-8:00 YS * | Slow Flow Yoga<br>*Kristian Dillard* |

## THURSDAY

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|---|---|
| 6:00-6:45 MS * | Leg Day<br>*Jack Halbert* |
| 6:15-7:05 TR * | **Precision Run®**<br>***Shana Peters*** |
| 6:30-7:15 YS * | True Barre<br>*Team Equinox* |
| 6:45-7:30 CS * | THEME RIDE:<br>*Ryan Cargie* |
| 7:00-7:45 MS * | **Rhythmic Sculpt**<br>***Jack Halbert*** |
| 7:30-8:20 YS * | **Pilates Rise (Heated)**<br>***Shana Peters*** |
| 8:00-8:45 MS * | **Barefoot Sculpt: The Ring**<br>***Glenn Snellgrose*** |
| 12:15-1:00 YS * | Power Vinyasa<br>*Katya Ortega* |
| 4:15-5:00 YS * | Pilates at the Barre<br>*Glenn Snellgrose* |
| 5:15-6:00 MS * | Body Sculpt<br>*Devin Buchanan* |
| 5:30-6:15 YS * | Power Vinyasa (Heated)<br>*Jordan Tallman* |
| 6:00-6:45 CS * | THEME RIDE:<br>*Kim Di Nino* |
| 6:15-6:45 MS * | **Leg Day**<br>***Victoria Brickert*** |
| 6:15-7:05 TR * | Precision Run + Strength<br>*Devin Buchanan* |
| 6:30-7:15 YS * | Pilates Fusion<br>*Jordan Tallman* |
| 6:45-7:15 MS * | Core6 Express<br>*Victoria Brickert* |
| 7:15-7:45 MS * | **Upper Body Pump**<br>***Victoria Brickert*** |

## FRIDAY

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|---|---|
| 6:15-7:00 YS * | Pilates Mat<br>*Jeffrey Morris* |
| 6:30-7:15 MS * | Body Sculpt<br>*Victoria Brickert* |
| 7:15-8:00 YS * | True Barre<br>*Cassie Liveris* |
| 7:45-8:30 MS * | Stronger<br>*Victoria Brickert* |
| 8:15-9:00 YS * | Power Vinyasa (Heated)<br>*Woni Lang* |
| 12:00-12:45 YS * | Vinyasa Yoga (Heated)<br>*Stephanie Azzaretto* |
| 12:15-1:00 MS * | Body Sculpt<br>*CJ* |
| 3:15-4:00 YS * | Pilates Fusion<br>*Cassie Liveris* |
| 4:15-5:15 YS * | Barefoot Sculpt: The Ring<br>*Kia Williams* |
| 5:00-5:45 MS * | **Rhythmic Sculpt**<br>***Anthony May*** |
| 5:15-6:00 YS * | Pilates Mat<br>*Kia Williams* |

## SATURDAY

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|---|---|
| 8:15-9:00 YS * | Pilates Fusion<br>*Jaclyn Walters* |
| 8:30-9:15 MS * | Stacked<br>*Angela Leigh* |
| 9:15-10:15 YS * | Vinyasa Yoga (Heated)<br>*Kristian Dillard* |
| 9:30-10:15 CS * | THEME RIDE:<br>*Angela Leigh* |
| 9:30-10:15 MS * | Best Butt Ever<br>*Glenn Snellgrose* |
| 9:30-10:15 TR * | Precision Run®<br>*Joseph Destino* |
| 10:30-11:20 YS * | Pilates Rise (Heated)<br>*Sophie Herrejon* |
| 11:30-12:15 MS * | Rounds: Boxing<br>*Abigail Moseman* |
| 11:45-12:30 YS * | Power Vinyasa (Heated)<br>*Christy Pemrick* |
| 12:45-1:30 YS * | Barefoot Sculpt: The Ring (Heated)<br>*Cassie Liveris* |
| 3:00-4:15 YS * | Vinyasa Yoga<br>*Paige Willis* |

## SUNDAY

| | |
|---|---|
| 8:30-9:15 YS * | Pilates Mat (Heated)<br>*Thomas Selvidge* |
| 9:00-9:45 MS * | Stronger<br>*Frankie Figueroa* |
| 9:15-10:00 CS * | THEME RIDE:<br>*Kim Di Nino* |
| 9:30-10:30 YS * | Power Vinyasa (Heated)<br>*Woni Lang* |
| 10:30-11:00 MS * | Upper Body Pump<br>*Mikhaila Woodall* |
| 10:45-11:30 YS * | Pilates Fusion<br>*Thomas Selvidge* |
| 11:00-11:30 MS * | Best Abs Ever<br>*Mikhaila Woodall* |
| 11:45-12:30 MS * | Barefoot Sculpt: The Ring<br>*Patty Boyle* |
| 12:00-1:00 YS * | Vinyasa Yoga (Heated)<br>*Katya Ortega* |
| 2:00-2:45 YS * | **Pilates Mat**<br>***Stephanie Azzaretto*** |
| 3:15-4:15 YS * | Yin Yoga Meditation<br>*Katya Ortega* |

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

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**

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

**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

**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.

## 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: 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.

## 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.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
**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.
**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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.

## 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.

## HIIT

**Core6 Express** Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
**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.

## 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.

## Strength

**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.