

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:50 MS◆ Shockwave <i>Stacey Slater</i>	5:45-6:30 CS◆ Studio Cycling <i>Shana Peters</i>	5:45-6:15 MS◆ <b>THE CUT: Jump Rope</b> <i>Amanda Gratianna</i>	5:45-6:30 CS◆ Breathless: The Ride <i>Kathleen M. Fassbinder</i>	6:00-6:45 MS◆ <b>PURE STRENGTH: SUMMER EDITION (L2)</b> <i>Shana Peters</i>	7:00-8:00 CS◆ Studio Cycling <i>Shana Peters</i>	8:15-9:15 YS Vinyasa Yoga (L2) <i>Deborah Muraff</i>	6:00-7:00 YS Vinyasa Yoga <i>Mariann Fishbein</i>	6:00-6:45 MS Definitions <i>Jane Watson</i>	8:00-8:45 YS Pilates <i>Ellen Morgan</i>	8:30-9:20 CS◆ Studio Cycling <i>Susan Emer</i>	8:30-9:20 CS◆ Studio Cycling <i>Susan Emer</i>	8:30-9:15 YS Studio Cycling <i>Susan Emer</i>	8:30-9:20 CS◆ Studio Cycling <i>Susan Emer</i>
8:15-9:15 YS Yoga Flow <i>Mia Cutler</i>	6:00-6:45 MS Vinyasa Yoga <i>Dianne Banta</i>	6:00-6:45 CS◆ Studio Cycling <i>Susan Emer</i>	6:00-6:50 MS Stacked! <i>Stacey Slater</i>	6:30-7:30 YS Vinyasa Yoga <i>Deborah Muraff</i>	8:10-9:00 MS◆ Ropes and Rowers <i>Michael Wollpert</i>	8:30-9:15 MS◆ <b>PURE STRENGTH: SUMMER EDITION (L2)</b> <i>Carlee Georgas</i>	8:30-9:15 YS Rhythm Revolution <i>Andrea Rubenstein</i>	6:30-7:30 YS Yoga Flow <i>Dianne Banta</i>	8:00-8:45 CS◆ Breathless: The Ride <i>Susan Emer</i>	8:30-9:15 MS◆ Precision Running@ <i>Jennifer Brody</i>	8:30-9:15 MS◆ <b>Tour de France Ride</b> <i>Amanda Gratianna</i>	8:30-9:15 MS◆ <b>Tour de France Ride</b> <i>Amanda Gratianna</i>	8:30-9:15 MS◆ <b>Tour de France Ride</b> <i>Amanda Gratianna</i>
8:30-9:15 CS◆ Rhythm Revolution <i>Andrea Rubenstein</i>	7:30-8:15 MS Barre <i>Ellen Morgan</i>	6:00-6:50 TR◆ Precision Running@ <i>Jane Watson</i>	8:15-9:15 YS Hatha Blend <i>Kelsey Stoll</i>	8:30-9:20 MS EQX Barre Burn <i>Ellen Morgan</i>	8:15-9:00 TR◆ Precision Running@ <i>Jennifer Brody</i>	8:30-9:15 MS◆ <b>Tour de France Ride</b> <i>Amanda Gratianna</i>	8:30-9:20 MS CrossTraining Revolution <i>Carlee Georgas</i>	8:30-9:20 CS◆ Studio Cycling <i>Rebecca Faria</i>	8:00-8:50 YS EQX Barre Burn <i>Ellen Morgan</i>	8:50-9:20 YS EQX Barre Burn <i>Ellen Morgan</i>	9:30-10:30 CS◆ <b>Ride</b> <i>Amanda Gratianna</i>	9:30-10:30 CS◆ <b>Ride</b> <i>Amanda Gratianna</i>	9:30-10:30 CS◆ <b>Ride</b> <i>Amanda Gratianna</i>
9:30-10:25 MS Triple Threat: C3 <i>Andrea Rubenstein</i>	8:30-9:20 MS THE CUT <i>Tonya Dugger</i>	6:30-7:30 YS Yoga Flow <i>Mia Cutler</i>	8:30-9:20 CS◆ Studio Cycling <i>Shana Peters</i>	8:30-9:20 MS METCON3 <i>Carlee Georgas</i>	9:15-10:15 CS◆ Studio Cycling <i>Michael Wollpert</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	9:30-10:15 YS Pilates <i>Michelle Bronstein</i>	8:30-9:20 MS THE CUT <i>Tonya Dugger</i>	9:00-9:25 YS Athletic Stretch <i>Susan Emer</i>	9:15-10:15 MS◆ TRX MAX <i>Shana Peters</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>
9:30-10:15 YS Pilates <i>Michelle Bronstein</i>	8:30-9:20 YS Barefoot Body Conditioning <i>Ellen Morgan</i>	8:00-9:00 YS Pilates <i>Ellen Morgan</i>	8:30-9:20 MS Circuit Challenge <i>Emmanuella St. Juste</i>	9:00-9:25 YS Athletic Stretch <i>Susan Emer</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	9:30-10:15 YS Barefoot Body Conditioning <i>Ellen Morgan</i>	9:30-10:20 MS Studio Cycling <i>Michael Wollpert</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>
10:30-11:15 MS Tabata Strength <i>Stacey Slater</i>	9:30-10:25 MS I.T.V. interval training <i>Rebecca Faria</i>	8:30-9:20 MS Tabata <i>Ellen Nathan</i>	9:30-10:20 MS Stacked! <i>Emmanuella St. Juste</i>	9:30-10:20 CS◆ Studio Cycling <i>Andrea Rubenstein</i>	10:30-11:30 MS WERQ <i>Michelle Bronstein</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	9:30-10:20 MS Studio Cycling <i>Michael Wollpert</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>
10:30-11:30 YS Restorative Flow <i>Susan Emer</i>	9:30-10:30 YS Vinyasa Yoga <i>Jessica Berger</i>	9:15-10:10 CS◆ Tour de France Ride <i>Amanda Gratianna</i>	9:30-10:15 YS Pilates Fusion <i>Shana Peters</i>	9:30-10:15 MS◆ Firestarter <i>Shana Peters</i>	10:30-11:30 MS WERQ <i>Michelle Bronstein</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:30 YS Restorative Flow <i>Susan Emer</i>	9:30-10:20 MS Studio Cycling <i>Michael Wollpert</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	9:30-10:30 YS Yoga Fundamentals <i>Deborah Muraff</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>
4:30-5:15 MS WERQ <i>Michelle Bronstein</i>	10:45-11:30 YS Pilates Fusion <i>Shana Peters</i>	9:30-10:25 MS◆ TRX MAX <i>Shana Peters</i>	10:30-11:30 MS WERQ <i>Sharon Robinson</i>	9:30-10:15 MS◆ Pilates Power <i>Susan Emer</i>	10:30-11:30 MS WERQ <i>Michelle Bronstein</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	4:30-5:15 TR◆ Precision Running@ <i>Jennifer Brody</i>	10:45-11:30 YS Yoga Fundamentals <i>Werner Martin</i>	10:45-11:45 YS Yoga Fundamentals <i>Werner Martin</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>
5:30-6:00 MS◆ Firestarter <i>Andrea Rubenstein</i>	12:00-12:45 MS◆ TRX Suspension Workout <i>Carlee Georgas</i>	9:30-10:30 YS Vinyasa Yoga <i>Nicole Gehbauer</i>	10:30-11:30 MS Vinyasa Yoga (L2) <i>Stephanie Adler</i>	10:00-10:25 MS Triple Threat: C3 <i>Shana Peters</i>	10:45-11:45 YS Yoga Fundamentals <i>Werner Martin</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	5:30-6:00 MS Firestarter <i>Andrea Rubenstein</i>	10:45-11:30 YS Yoga Fundamentals <i>Werner Martin</i>	10:45-11:45 YS Yoga Fundamentals <i>Werner Martin</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>
5:45-6:45 YS Yoga Flow <i>Stephanie Metz</i>	5:30-6:20 MS Whipped! <i>Ellen Nathan</i>	9:45-10:30 PD Hydro Evolution <i>Andrea Rubenstein</i>	12:00-12:45 MS Whipped! <i>Ellen Nathan</i>	10:30-11:30 MS Yoga Flow (L2) <i>Laura Merlo</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	5:45-6:30 CS◆ Studio Cycling <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>
6:00-6:30 MS Tabata <i>Andrea Rubenstein</i>	6:00-7:00 YS Restorative Yoga <i>Werner Martin</i>	10:30-11:15 MS Definitions <i>Carlee Georgas</i>	5:30-6:15 MS METCON3 <i>Jane Watson</i>	11:30-12:30 YS Yoga Glow: Flow (L2) <i>Laura Merlo</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	6:00-7:00 YS Restorative Yoga <i>Werner Martin</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>
		4:30-5:15 TR◆ Precision Running@ <i>Jennifer Brody</i>	6:00-7:00 YS Vinyasa Yoga <i>Steve Franks</i>		10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>		10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>
		5:30-6:15 MS Super Sculpt <i>Jennifer Brody</i>			10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>		10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>
		5:45-6:45 YS Yoga Flow <i>Stephanie Adler</i>			10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>	10:30-11:15 MS Super Sculpt <i>Ellen Nathan</i>		10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:30-11:30 MS True Barre <i>Andrea Rubenstein</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>

## HIGHLAND PARK

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**MON - THU:** 5:00AM - 10:00PM  
**FRI:** 5:00 - 9:00PM  
**SAT & SUN:** 6:00AM - 7:00PM

**GROUP FITNESS MANAGER**  
SHANA PETERS  
Shana.Peters@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

## STUDIO KEY

MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio
TR	Treadmill Area
PD	Pool Deck

**WHAT'S NEW THIS MONTH**  
15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

## STUDIO CYCLING

**BREATHLESS: THE RIDE** Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

**RHYTHM REVOLUTION** From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

**STUDIO CYCLING** A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

**TOUR DE FRANCE RIDE** Celebrate the most prestigious bike race in the world in this indoor cycling experience, inspired by the 104th Le Tour de France. Pedal like a pro through France and it's bordering countries and see how much of the 3,540 kilometers of the 2017 route you can cover in just 45 minutes.

## RUNNING

**PRECISION RUNNING**® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

## YOGA

**HATHA BLEND** A hybrid between different styles of teaching incorporating strength, grace and alignment to create a challenging yet safe practice.

**RESTORATIVE FLOW YOGA** Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

**RESTORATIVE YOGA** Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

**VINYASA YOGA** A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

**YOGA FLOW** A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

**YOGA FUNDAMENTALS** For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

**YOGA GLOW: FLOW** A noontime yoga flow class to re-energize and invigorate your day. Fuel your body with the nutrients of a healthy yoga flow practice. Get your blood flowing and ready for the rest of your day.

## ATHLETIC TRAINING

**CIRCUIT CHALLENGE** A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

**CROSSTRAINING REVOLUTION** A total fitness approach to enhance competence in endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

**FIRESTARTER** Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

**I.T.V. INTERVAL TRAINING** Interval training has never been this much fun! Join us for a mixture of muscle conditioning and high energy cardio exercises that will shape and define. Class format will vary, so expect the unexpected!

**METCON3** This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

**ROPES AND ROWERS** A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

**SHOCKWAVE** Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**TABATA** A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

**TABATA STRENGTH** No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

**WHIPPED!** Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

## BARRE

**BARRE** Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

**TRUE BARRE** Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

## CONDITIONING

**BAREFOOT BODY CONDITIONING** High intensity,

mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

**DEFINITIONS** An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

**PURE STRENGTH: SUMMER EDITION** Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

**SUPER SCULPT** Total body conditioning using weights, body bars and steps. Builds strength and endurance in the entire body.

**TRIPLE THREAT: C3** An intense fusion of Cardio drills, Core strengthening and Climbing of stairs..The 3 C"s. Guaranteed to push your body into a lean, calorie burning machine.

**TRX MAX** Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

**TRX SUSPENSION WORKOUT** Turn your workout upside down and change your body without lifting a single weight! This workout makes use of a simple strap with handles whose suspension design uses body weight and the laws of physics to create hundreds of exercise progressions with virtually unlimited levels of resistance. The program includes 250+ highly functional exercises to develop lean and powerful muscle throughout the entire body.

## PILATES

**PILATES** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

**PILATES FUSION** Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

**PILATES POWER** Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

## DANCE

**WERQ** WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. No dance experience needed in this calorie-crushing, cardio dance experience. Are you ready to WERQ?

## BOXING & MARTIAL ARTS

**THE CUT** A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

**THE CUT: JUMP ROPE** Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Meet your need for speed as you fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.