

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS ◆ Shockwave Courtney Brin	5:45-6:30 CS ◆ Studio Cycling <i>Michael Wollpert</i>	6:00-6:45 CS ◆ Studio Cycling <i>Susan Emer</i>	5:45-6:30 CS ◆ Studio Cycling <i>Shana Peters</i>	6:00-6:45 MS Tabata Strength <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>Stacey Slater</i>	6:00-7:00 MS Yoga Flow <i>Mia Cutler</i>	6:00-6:50 MS Stacked! <i>Stacey Slater</i>	6:50-7:50 MS Vinyasa Yoga Deborah Muraff	8:00-8:45 YS Pilates <i>Ellen Morgan</i>	8:30-9:20 CS ◆ Studio Cycling Courtney Brin
8:15-9:15 YS Yoga Flow <i>Mia Cutler</i>	6:30-7:30 YS Vinyasa Yoga <i>Dianne Banta</i>	6:00-6:45 TR ◆ Precision Running® <i>Ellen Nathan</i>	6:00-7:00 YS Yoga Flow <i>Amy Levy</i>	8:00-8:50 CS ◆ Breathless: The Ride <i>Susan Emer</i>	8:10-9:00 MS ◆ Ropes and Rowers <i>Michael Wollpert</i>	8:30-9:20 MS pureMUSCLE <i>Carlee Georgas</i>
8:30-9:20 CS ◆ Rhythm Revolution <i>Andrea Rubenstein</i>	7:30-8:15 MS Barre <i>Ellen Morgan</i>	8:00-8:55 YS Pilates <i>Ellen Morgan</i>	8:15-9:15 YS Hatha Blend <i>Nicole Gehbauer</i>	8:00-8:50 YS EQX Barre Burn <i>Ellen Morgan</i>	8:15-9:00 TR ◆ Precision Running® <i>Jennifer Brody</i>	9:30-10:25 CS ◆ Studio Cycling <i>Julie Barry</i>
8:30-9:20 MS CrossTraining Revolution <i>Carlee Georgas</i>	8:30-9:20 CS ◆ Studio Cycling <i>Michael Wollpert</i>	8:30-9:20 MS Tabata <i>Ellen Nathan</i>	8:30-9:20 CS ◆ Studio Cycling <i>Kelsey Stoll</i>	8:30-9:20 MS METCON3 <i>Carlee Georgas</i>	8:50-9:20 YS EQX Barre Burn <i>Ellen Morgan</i>	9:30-10:20 MS Stacked! <i>Carlee Georgas</i>
9:30-10:25 MS Triple Threat: C3 <i>Andrea Rubenstein</i>	8:30-9:20 MS THE CUT <i>Rebecca Faria</i>	9:15-10:10 CS ◆ Breathless: The Ride <i>Amanda Gratziana</i>	8:30-9:00 MS Best Butt Ever <i>Emmanuella St. Juste</i>	8:30-9:20 TR ◆ Elevate <i>Shana Peters</i>	9:15-10:15 CS ◆ Studio Cycling <i>Michael Wollpert</i>	9:30-10:15 TR ◆ Precision Running® <i>Ellen Nathan</i>
9:30-10:20 TR ◆ Elevate <i>Jane Watson</i>	8:30-9:20 YS Barefoot Body Conditioning <i>Ellen Morgan</i>	9:30-10:30 MS ◆ TRX MAX <i>Shana Peters</i>	9:00-9:20 MS Above the Belt <i>Emmanuella St. Juste</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>
9:30-10:15 YS Pilates <i>Michelle Bronstein</i>	9:30-10:25 MS I.T.V. interval training <i>Rebecca Faria</i>	9:30-10:30 YS Vinyasa Yoga <i>Nicole Gehbauer</i>	9:30-10:20 MS Stacked! <i>Emmanuella St. Juste</i>	9:30-10:20 CS ◆ Studio Cycling <i>Andrea Rubenstein</i>	9:30-10:30 YS Yoga Flow (L2) <i>Nicole Gehbauer</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>
10:30-11:15 MS Tabata Strength <i>Stacey Slater</i>	9:30-10:30 YS Vinyasa Yoga <i>Jessica Berger</i>	10:40-11:10 MS ◆ THE MUSE™ Carlee Georgas	9:30-10:15 YS Pilates Fusion <i>Shana Peters</i>	9:30-10:20 MS Adrenaline <i>Shana Peters</i>	10:30-11:30 MS WERQ <i>Michelle Bronstein</i>	
10:30-11:30 YS Restorative Flow Yoga <i>Susan Emer</i>	10:45-11:30 YS Pilates Fusion <i>Shana Peters</i>	11:15-12:00 MS Definitions Carlee Georgas	10:30-11:30 MS WERQ <i>Sharon Robinson</i>	9:30-10:15 YS Pilates Power <i>Susan Emer, Shana Peters</i>	10:45-11:45 YS Yoga Fundamentals <i>Werner Martin</i>	
4:30-5:25 MS WERQ <i>Tev Bond</i>	12:00-12:45 MS ◆ TRX Suspension Workout <i>Carlee Georgas</i>	12:00-1:00 MS Yoga Glow: Flow (L2) Laura Merlo	10:30-11:30 YS Yoga Flow <i>Kelsey Stoll</i>	10:30-11:15 MS Super Sculpt <i>Andrea Rubenstein</i>		
5:30-5:45 MS Ab Lab Andrea Rubenstein	5:30-6:20 MS Whipped! <i>Ellen Nathan</i>	5:15-6:00 TR ◆ Precision Running® <i>Jennifer Brody</i>	12:00-12:45 MS Whipped! <i>Ellen Nathan</i>	10:30-11:30 YS Yoga Flow (L2) <i>Laura Merlo</i>		
5:45-6:30 MS Tabata <i>Andrea Rubenstein</i>	5:45-6:30 CS ◆ Studio Cycling Jennifer Brody	5:45-6:45 YS Yoga Flow <i>Stephanie Adler</i>	5:45-6:30 CS ◆ Studio Cycling Courtney Brin			
5:45-6:45 YS Yoga Flow <i>Tracy Handelman</i>	6:00-7:00 YS Restorative Yoga <i>Werner Martin</i>	6:10-7:00 MS Super Sculpt <i>Jennifer Brody</i>	6:00-7:00 MS Vinyasa Yoga <i>Steve Franks</i>			

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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

WHAT'S NEW THIS MONTH
Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

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.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

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

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

ADRENALINE Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One hour, one workout, one way to change your body.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

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

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.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

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 ladder-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.

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.

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

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.

LONG + LEAN

ABOVE THE BELT A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

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.

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

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

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.

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.