

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

# EQUINOX

## 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

### 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

**ANTHEM™** Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

**BREATHLESS: THE RIDE** Leave your comfort zone and go breathless in this state of the art interval-based ride. This class is designed to increase performance and transform your body as you pursue a state of breathlessness.

**RHYTHM REVOLUTION** The playlist rules supreme in this beats-based ride. From the classics to the cutting edge, the varying music will motivate you through this high-intensity ride.

**STUDIO CYCLING** Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

### 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 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** Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

**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** Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

**BAREFOOT BODY CONDITIONING** Strip off your shoes and get free for a high intensity workout that mixes diverse balance challenges to strengthen your body from the ground up. Ditch your comfort zone, reap the rewards.

**BODY PRECISION** Define yourself. Mix up low-impact cardio with weight-bearing moves for an inventive, non-stop conditioning session. Build lean muscle, rev up your metabolism, and enhance your ab definition. All toys are fair game.

**DEFINITIONS** You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

**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?