

| 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>Michael Wollpert</i> | 5:45-6:15 MS◆ | THE CUT: Jump Rope <i>Amanda Gratziana</i> | 5:45-6:30 CS◆ | Breathless: The Ride <i>Shana Peters</i> | 6:00-6:45 MS◆ | PURE STRENGTH (L2) <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> | 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> | 8:00-8:45 YS | Pilates <i>Ellen Morgan</i> | 8:30-9:20 CS◆ | Studio Cycling <i>Susan Emer</i> |
| 8:15-9:15 YS | Yoga Flow <i>Mia Cutler</i> | 6:30-7:30 YS | Vinyasa Yoga <i>Dianne Banta</i> | 6:00-6:50 TR◆ | Precision Running® <i>Jane Watson</i> | 6:00-7:00 YS | Yoga Flow <i>Amy Levy</i> | 8:00-8:45 CS◆ | Breathless: The Ride <i>Susan Emer</i> | 8:10-9:00 MS◆ | Ropes and Rowers <i>Michael Wollpert</i> | 8:30-9:15 MS◆ | PURE STRENGTH (L2) <i>Carlee Georgas</i> |
| 8:30-9:15 CS◆ | Rhythm Revolution <i>Andrea Rubenstein</i> | 7:30-8:15 MS | Barre <i>Ellen Morgan</i> | 6:00-7:00 YS | Yoga Flow <i>Mia Cutler</i> | 7:30-8:15 MS | Barre Fit Cardio <i>Digo Padovan</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> | 6:15-6:30 MS | Best Abs Ever <i>Digo Padovan</i> | 8:15-9:15 YS | Hatha Blend <i>Nicole Gehbauer</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> | 6:30-7:00 MS | Best Butt Ever <i>Digo Padovan</i> | 8:30-9:20 CS◆ | Studio Cycling <i>Shana Peters</i> | 9:00-9:25 YS | Athletic Stretch <i>Susan Emer</i> | 9:15-10:15 MS◆ | 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 YS | Barefoot Body Conditioning <i>Ellen Morgan</i> | 8:00-8:55 YS | Best Butt Ever <i>Digo Padovan</i> | 8:30-9:20 MS | Circuit Challenge <i>Emmanuella St. Juste</i> | 9:30-10:20 CS◆ | Studio Cycling <i>Andrea Rubenstein</i> | 9:15-10:15 MS◆ | TRX MAX <i>Shana Peters</i> | 10:30-11:15 MS | Super Sculpt <i>Ellen Nathan</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 | Pilates <i>Ellen Morgan</i> | 9:30-10:20 MS | Stacked! <i>Emmanuella St. Juste</i> | 9:30-10:00 MS◆ | Firestarter <i>Shana Peters</i> | 9:30-10:30 YS | Yoga Flow (L2) <i>Nicole Gehbauer</i> | 10:45-11:30 YS | Pilates Fusion <i>Susan Emer</i> |
| 10:30-11:30 YS | Restorative Flow Yoga <i>Susan Emer</i> | 9:30-10:30 YS | Vinyasa Yoga <i>Jessica Berger</i> | 9:00-9:25 YS | Tabata <i>Ellen Nathan</i> | 9:30-10:20 MS | Stacked! <i>Emmanuella St. Juste</i> | 9:30-10:15 YS | Pilates Power <i>Susan Emer</i> | 10:30-11:30 MS | WERQ <i>Michelle Bronstein</i> | | |
| 4:30-5:25 MS | WERQ <i>Tev Bond</i> | 10:45-11:30 YS | Pilates Fusion <i>Shana Peters</i> | 9:15-10:10 CS◆ | Stretch Essentials <i>Geri Bleier Schlanger</i> | 9:30-10:15 YS | Pilates Fusion <i>Shana Peters</i> | 10:00-10:25 MS | Triple Threat: C3 <i>Shana Peters</i> | 10:45-11:45 YS | Yoga Fundamentals <i>Werner Martin</i> | 4:00-5:00 YS | Vinyasa Yoga <i>Kelsey Stoll</i> |
| 5:30-5:45 MS | Best Arms Ever <i>Andrea Rubenstein</i> | 12:00-12:45 MS◆ | TRX Suspension Workout <i>Carlee Georgas</i> | 9:30-10:30 MS◆ | Breathless: The Ride <i>Amanda Gratziana</i> | 10:30-11:30 MS | Vinyasa Yoga (L2) <i>Stephanie Adler</i> | 10:30-11:30 MS | True Barre <i>Andrea Rubenstein</i> | | | | |
| 5:45-6:30 MS | Tabata <i>Andrea Rubenstein</i> | 4:30-5:15 MS | Barre Fit Cardio <i>Digo Padovan</i> | 9:30-10:30 YS | TRX MAX <i>Shana Peters</i> | 12:00-12:45 MS | Whipped! <i>Ellen Nathan</i> | 10:30-11:30 YS | Yoga Flow (L2) <i>Laura Merlo</i> | | | | |
| 5:45-6:45 YS | Yoga Flow <i>Stephanie Metz</i> | 5:30-6:20 MS | Whipped! <i>Digo Padovan</i> | 10:30-11:15 MS | Vinyasa Yoga <i>Nicole Gehbauer</i> | 5:30-6:15 MS | METCON3 <i>Jane Watson</i> | 6:00-7:00 YS | Vinyasa Yoga <i>Steve Franks</i> | | | | |
| | | 5:45-6:30 CS◆ | Studio Cycling <i>Ellen Nathan</i> | 11:30-12:30 YS | Definitions <i>Carlee Georgas</i> | 6:00-7:00 YS | | | | | | | |
| | | 6:00-7:00 YS | Restorative Yoga <i>Werner Martin</i> | | Yoga Glow: Flow (L2) <i>Laura Merlo</i> | | | | | | | | |
| | | | | 4:30-5:15 TR◆ | Precision Running® <i>Jennifer Brody</i> | | | | | | | | |
| | | | | 5:30-6:15 MS | Super Sculpt <i>Jennifer Brody</i> | | | | | | | | |
| | | | | 5:45-6:45 YS | Yoga Flow <i>Stephanie Adler</i> | | | | | | | | |

HIGHLAND PARK

799 CENTRAL AVENUE
HIGHLAND PARK ILLINOIS
60035
847.681.7777
EQUINOX.COM
@EQUINOX

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

| | |
|----|----------------|
| TR | Treadmill Area |
| YS | Yoga Studio |
| MS | Main Studio |
| CS | Cycling Studio |

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.

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 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.

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.

BARRE FIT CARDIO Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

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.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

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

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

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?