

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31																																																
5:45-6:30 CS◆ Studio Cycling <i>Haley Stone</i>	6:00-6:45 MS◆ PURE STRENGTH (L2) <i>Shana Peters</i>	7:00-8:00 CS◆ Studio Cycling <i>Shana Peters</i>	8:30-9:20 CS◆ Red, Ride and Blue <i>Robbie Schy</i>	8:30-9:15 CS◆ Red, Ride and Blue <i>Andrea Rubenstein</i>	5:45-6:30 CS◆ Studio Cycling <i>Shana Peters</i>	6:00-6:45 CS◆ Studio Cycling <i>Shana Peters</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>	8:30-9:15 MS Summer Slam <i>Carlee Georgas</i>	6:00-6:50 TR◆ Precision Running® <i>Robbie Schy</i>	6:00-7:00 YS Yoga Flow <i>Amy Levy</i>	8:10-9:00 MS◆ Ropes and Rowers <i>Michael Wollpert</i>	9:30-10:25 CS◆ Gear up for Summer <i>Susan Emer</i>	6:30-7:30 YS Vinyasa Yoga <i>Dianne Banta</i>	6:30-7:30 YS Yoga Flow <i>Mia Cutler</i>	8:15-9:15 YS Hatha Blend <i>Stephanie Metz</i>	8:00-8:45 CS◆ Breathless: The Ride <i>Susan Emer</i>	8:15-9:00 TR◆ Precision Running® <i>Robbie Schy</i>	9:30-10:25 CS◆ Gear up for Summer <i>Susan Emer</i>	8:30-9:20 CS◆ Studio Cycling <i>Rebecca Faria</i>	8:00-9:00 YS Pilates <i>Ellen Morgan</i>	8:30-9:20 CS◆ Stacked! <i>Carlee Georgas</i>	9:30-10:20 MS Memorial Day Challenge <i>Andrea Rubenstein</i>	8:30-9:20 MS THE CUT <i>Tonya Dugger</i>	8:30-9:20 MS Tabata <i>Ellen Nathan</i>	8:30-9:20 CS◆ Studio Cycling <i>Shana Peters</i>	8:00-9:00 YS Pilates <i>Ellen Morgan</i>	8:30-9:20 MS EQX Barre Burn <i>Ellen Morgan</i>	9:30-10:15 YS Precision Running® <i>Robbie Schy</i>	9:30-10:15 YS I.T.V. interval training <i>Rebecca Faria</i>	9:15-10:10 CS◆ Breathless: The Ride <i>Amanda Gratziana</i>	8:30-9:20 MS METCON3 <i>Carlee Georgas</i>	9:15-10:15 MS◆ TRX MAX <i>Shana Peters</i>	10:30-11:30 YS Memorial Day Warrior Yoga <i>Mia Cutler</i>	9:30-10:25 MS Vinyasa Yoga <i>Jessica Berger</i>	9:30-10:25 MS TRX MAX <i>Shana Peters</i>	9:30-10:30 YS Vinyasa Yoga <i>Laura Merlo</i>	9:15-10:10 CS◆ Athletic Stretch & Release <i>Susan Emer</i>	9:15-10:15 MS◆ TRX MAX <i>Shana Peters</i>	10:45-11:30 YS Pilates Fusion <i>Susan Emer</i>	9:30-10:30 YS Vinyasa Yoga <i>Jessica Berger</i>	9:30-10:30 YS Vinyasa Yoga <i>Jessica Berger</i>	9:30-10:30 YS Vinyasa Yoga <i>Laura Merlo</i>	9:30-10:30 YS Pilates Fusion <i>Shana Peters</i>	10:30-11:15 MS pureMUSCLE <i>Haley Stone (SUB)</i>	10:30-11:30 YS Vinyasa Yoga (L2) <i>Stephanie Adler</i>	10:00-10:30 MS Triple Threat: C3 <i>Shana Peters</i>	10:30-12:00 OL WERQ <i>Haley Stone</i>	12:00-12:45 MS◆ TRX Suspension Workout <i>Carlee Georgas</i>	11:30-12:30 YS Yoga Glow: Flow (L2) <i>Laura Merlo</i>	12:00-12:45 MS Whipped! <i>Ellen Nathan</i>	4:30-5:15 TR◆ Precision Running® <i>Jennifer Brody</i>	5:45-6:30 CS◆ Studio Cycling <i>Julie Barry (SUB)</i>	6:00-7:00 YS Vinyasa Yoga <i>Steve Franks</i>	5:30-6:15 MS Super Sculpt <i>Jennifer Brody</i>	5:45-6:30 CS◆ Studio Cycling <i>Andrea Rubenstein</i>	6:00-7:00 YS Restorative Yoga <i>Werner Martin</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

MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 29 06:00 AM - 04:00 PM

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

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area
OL	Offsite Location

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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.

GEAR UP FOR SUMMER Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

RED, RIDE AND BLUE 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.

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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 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.

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!

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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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!

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

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

CONDITIONING

MEMORIAL DAY CHALLENGE Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

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.

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.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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.

ACTIVE REGENERATION

ATHLETIC STRETCH & RELEASE The perfect class for balancing out stressed, tight muscles, using a variety of equipment and blankets.