

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
6:00-6:45 MS	Whipped! <i>Ellen Nathan</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>	8:00-9:00 CS◆	Beast n Feast Ride <i>Shana Peters</i>	8:00-8:50 CS◆	Breathless: The Ride <i>Susan Emer</i>	8:00-9:00 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>Shana Peters</i>	6:00-6:45 CS◆	Studio Cycling <i>Susan Emer</i>	8:00-8:50 MS	Thanks and Planks <i>Rebecca Faria</i>	8:00-8:50 YS	EQX Barre Burn <i>Ellen Morgan</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>	6:00-6:45 TR◆	Precision Running® <i>Ellen Nathan</i>	8:00-9:00 YS	Gratitude Yoga <i>Kelsey Stoll</i>	8:30-9:20 MS	METCON3 <i>Carlee Georgas</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>Ellen Morgan</i>	7:30-8:15 MS	Barre <i>Ellen Morgan</i>	6:00-7:00 YS	Yoga Flow <i>Mia Cutler</i>	9:00-9:50 MS	Carve and Sculpt <i>Jane Watson</i>	8:30-9:20 TR◆	Elevate <i>Shana Peters</i>	8:50-9:20 YS	EQX Barre Burn <i>Ellen Morgan</i>	9:30-10:20 MS	Stacked! <i>Carlee Georgas</i>
8:30-9:20 MS	CrossTraining Revolution <i>Carlee Georgas</i>	8:30-9:20 CS◆	Studio Cycling <i>Michael Wollpert</i>	8:00-8:55 YS	Pilates <i>Ellen Morgan</i>	9:15-10:15 CS◆	Beast n Feast Ride <i>Rebecca Faria</i>	9:00-9:25 YS	Athletic Stretch <i>Susan Emer</i>	9:15-10:15 CS◆	Studio Cycling <i>Michael Wollpert</i>	9:30-10:15 TR◆	Precision Running® <i>Ellen Nathan</i>
9:30-10:25 MS	Triple Threat: C3 <i>Andrea Rubenstein</i>	8:30-9:20 MS	THE CUT <i>Rebecca Faria</i>	8:30-9:20 MS	Tabata <i>Ellen Nathan</i>	9:15-10:00 YS	Pilates Fusion <i>Shana Peters</i>	9:30-10:15 MS	Adrenaline <i>Shana Peters</i>	9:15-10:15 MS◆	TRX MAX <i>Shana Peters</i>	9:30-10:15 YS	Pilates Fusion <i>Susan Emer</i>
9:30-10:20 TR◆	Elevate <i>Jane Watson</i>	8:30-9:20 YS	Barefoot Body Conditioning <i>Ellen Morgan</i>	9:15-10:10 CS◆	Breathless: The Ride <i>Amanda Gratziana</i>	10:00-11:00 MS	Shake and Bake <i>Michelle Bronstein</i>	9:30-10:15 YS	Pilates Power <i>Susan Emer</i>	9:30-10:30 YS	Yoga Flow (L2) <i>Deborah Muraff</i> (SUB)	10:30-11:30 MS	WERQ <i>Michelle Bronstein</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 MS◆	TRX MAX <i>Shana Peters</i>			10:30-11:30 YS	Yoga Flow (L2) <i>Laura Merlo</i>	10:30-11:30 MS	WERQ <i>Michelle Bronstein</i>		
10:30-11:15 MS	Tabata Strength <i>Jane Watson</i>	9:30-10:15 TR◆	Tread and Shred <i>Michael Wollpert</i>	9:30-10:30 YS	Vinyasa Yoga <i>Laura Merlo</i>					10:45-11:45 YS	Yoga Fundamentals <i>Werner Martin</i>		
10:30-11:30 YS	Restorative Flow Yoga <i>Susan Emer</i>	9:30-10:30 YS	Vinyasa Yoga <i>Jessica Berger</i>	10:30-11:15 MS	Definitions <i>Carlee Georgas</i>								
4:30-5:25 MS	WERQ <i>Tev Bond</i>	10:45-11:30 YS	Pilates Fusion <i>Susan Emer (SUB)</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>										
5:45-6:30 MS	Tabata <i>Andrea Rubenstein</i>	4:30-5:15 MS	Barre Fit Cardio <i>Digo Padovan</i>										
5:45-6:45 YS	Yoga Flow <i>Stephanie Metz</i>	5:30-6:20 MS	Whipped! <i>Digo Padovan</i>										
		5:45-6:30 CS◆	Studio Cycling <i>Ellen Nathan</i>										
		6:00-7:00 YS	Restorative Yoga <i>Werner Martin</i>										

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER

SHANA PETERS
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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

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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, tones and 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.

ATHLETIC TRAINING

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.

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.

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. Exciting 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 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.

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

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.

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

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

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

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.

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

SHAKE AND BAKE A holiday dance class with all the right moves. Get fired up in this heart-pounding, non-stop cardio workout. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

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?