



## GOLD COAST

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EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 10:00PM  
**FRI:** 5:00AM - 9:00PM  
**SAT - SUN:** 7:00AM - 8:00PM

**GROUP FITNESS MANAGER**  
JULIE BELLIS  
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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

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
PD	Pool Deck
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.

**CYCLE BEATS** Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

**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.

**THE PURSUIT: BUILD** Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

**THE PURSUIT: BURN** Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

## 🏃 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

**CANDLELIGHT FLOW YOGA** Step into a candlelit room and let go of the stress of the day with this physically challenging and spiritually energizing style of yoga. Sun salutations, inversions, backbends and restorative postures lead to savasana.

**GENTLE YOGA** Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

**HATHA YOGA** A strong and fundamental approach to the yoga practice, designed to align your skin, muscles, and bones with a focus on correct postures and technique.

**POWER YOGA** Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

**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.

**SLOW FLOW YOGA** Slow down and deepen your

practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

**SUNRISE YOGA** Start your morning off with sun salutations and begin your day with a balanced body and mind.

**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 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

**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.

**CARDIO CROSS-TRAIN** Your heart pumps as the stressors change—low-impact, step, hi-impact, plyometrics, sports conditioning, and funk. Burn the calories, work the heart, and move with a groove. You get it ALL!

**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!

**KETTLE BELL CIRCUIT** Shake things up! Alternate dynamic Kettle Bell training with combined athletic drills, plyometric and strength training. Circuit train your workout into a calorie blasting, sweat inducing, efficient interval workout.

**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.

**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.

**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!

**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!

**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

**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.

**CARDIO SCULPT** Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

**CARDIO STEP** Step to it. These choreographed combinations on a platform challenge your cardiovascular strength and coordination to drive total-body results.

**CORE CONDITIONING** Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

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

**FLOW CORE TONE** Redefine your body with a free-flowing series of Dance, Pilates, Yoga, and traditional conditioning exercises using light hand-weights.

**STREAMLINE SCULPT** Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

**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.

## 🧘 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.