

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 Studio Cycling CS◆ <i>Barb Fellars</i>	6:15-7:10 Definitions MS <i>Katie Simmons</i>	6:15-7:00 Rhythm Revolution CS◆ <i>Kristen Rheam</i>	6:15-7:00 Definitions MS <i>Julie Bellis</i>	6:30-7:15 The Pursuit: Build CS◆ <i>Michael Wollpert</i>	8:00-8:50 Boxing Boot Camp MS◆ <i>Julie Bellis</i>	9:00-9:45 Rhythm Revolution CS◆ <i>Barb Fellars</i>
6:30-7:00 Firestarter MS◆ <i>Rebecca Faria</i>	6:15-7:00 Swim Team PD◆ <i>Derrick Milligan</i>	7:00-7:45 Whipped! MS◆ <i>Emmanuella St. Juste</i>	6:15-7:00 Swim Team PD◆ <i>Derrick Milligan</i>	6:45-7:30 Ropes and Rowers MS◆ <i>Matheu Martell</i>	8:00-8:45 EQX Barre Burn YS <i>Andrea Rubenstein</i>	9:00-9:45 Cardio Step MS <i>Jon Gestl</i>
7:00-7:45 I.T.V. interval MS training <i>Rebecca Faria</i>	6:30-7:30 yogAWAKENING YS Todd Rhoades	8:00-8:45 EQX Barre Burn MS <i>Joanna Tomczynska</i>	6:15-7:00 Precision TR◆ Running@ <i>Kiki Smith</i>	8:00-8:45 Pilates Fusion YS <i>Adeoye Mabogunje</i>	9:00-9:50 Studio Cycling CS◆ <i>Andrea Rubenstein</i>	9:00-9:45 Flow Core Tone YS <i>Cris Persico</i>
8:00-8:45 EQX Barre Burn MS <i>Rebecca Faria</i>	7:15-8:00 METCON3 MS <i>Emmanuella St. Juste</i>	9:00-9:45 Cardio Sculpt MS <i>Karim Tonsy</i>	6:30-7:30 yogAWAKENING YS <i>Warren Lange</i>	9:00-9:45 Cardio Cross-Train MS <i>Nicole Thomas</i>	9:00-9:50 METCON3 MS Digo Padovan	9:45-10:30 Definitions MS <i>Jon Gestl</i>
9:00-9:45 Definitions MS <i>Julie Bellis</i>	8:00-8:45 Definitions MS <i>Emmanuella St. Juste</i>	9:00-9:45 Dance! YS <i>Joanna Tomczynska</i>	7:00-7:15 RX Series@ MS <i>Julie Bellis</i>	9:00-10:00 Hatha Yoga YS <i>Chrissy Gonzalez</i>	9:00-10:15 Vinyasa Yoga YS <i>Chrissy Gonzalez</i>	10:00-10:45 Aqua Strength PD <i>Cris Persico</i>
9:00-10:15 Vinyasa Yoga (L2) YS <i>Allison English</i>	9:00-9:45 Dance! MS <i>Bianca Sawyer</i>	9:45-10:00 RX Series@ MS <i>Karim Tonsy</i>	7:15-8:00 Stacked! MS Rebecca Faria	9:45-10:00 Ab Lab MS <i>Nicole Thomas</i>	10:00-10:45 Super Sculpt MS <i>Matheu Martell</i>	10:00-11:30 Power Yoga (L2) YS <i>Allison English</i>
9:45-10:00 RX Series@ MS <i>Julie Bellis</i>	9:00-9:50 Elevate TR◆ <i>Julie Bellis</i>	10:00-10:45 Aqua Strength PD <i>Joanna Tomczynska</i>	8:00-8:45 Definitions MS <i>Rebecca Faria</i>	10:00-10:45 Aqua Strength PD <i>Karim Tonsy</i>	10:00-10:45 Aqua Strength PD <i>Andrea Rubenstein</i>	10:45-11:15 THE CUT: Jump MS◆ Rope <i>Matheu Martell</i>
10:00-10:45 Aqua Strength PD Bianca Sawyer	9:00-9:45 Flow Core Tone YS <i>Karim Tonsy</i>	11:45-12:30 PURE STRENGTH MS◆ Rebecca Faria	9:00-9:45 Studio Cycling CS◆ <i>Michael Wollpert</i>	10:15-11:00 Pilates YS <i>Joanna Tomczynska</i>	10:00-10:50 Elevate TR◆ Digo Padovan	11:15-11:45 Tabata MS Matheu Martell
11:30-12:15 Pilates YS <i>Nicole Ron</i>	10:00-11:00 Tai Chi MS <i>Jimmy Chan</i>	12:00-1:00 Restorative Yoga YS <i>Cat Aldana</i>	9:00-9:45 Dance! MS <i>Karim Tonsy</i>	12:00-12:50 Circuit MS◆ Challenge Cole Cruz	10:15-11:00 Stretch Essentials YS <i>Chrissy Gonzalez</i>	11:45-12:45 Yoga YS Fundamentals <i>Allison English</i>
11:45-12:15 THE CUT: Jump MS◆ Rope <i>Julie Bellis</i>	10:00-11:00 Slow Flow Yoga YS <i>Alison Riazzi</i>	12:15-1:00 Studio Cycling CS◆ <i>Michael Wollpert</i>	9:45-10:00 Stretch Essentials MS <i>Karim Tonsy</i>	12:00-1:15 Slow Flow Yoga YS <i>Warren Lange</i>	10:45-11:00 Ab Lab MS <i>Katie Simmons</i>	4:30-5:45 Candlelight Flow YS Yoga <i>Adeoye Mabogunje</i>
12:15-1:00 The Pursuit: Burn CS◆ <i>Rebecca Faria</i>	11:45-12:30 METCON3 MS <i>Andrea Rubenstein</i>	12:30-1:00 Firestarter MS◆ <i>Rebecca Faria</i>	10:00-11:00 Gentle Yoga YS <i>Alison Riazzi</i>	12:15-1:00 Studio Cycling CS◆ <i>Michael Wollpert</i>	11:15-12:00 Athletic Conditioning MS <i>Shanon Beelendorf</i>	
12:15-1:00 Precision Running@ TR◆ <i>Amanda Mirach</i>	12:00-1:00 Vinyasa Yoga YS <i>Warren Lange</i>	4:45-5:30 EQX Barre Burn MS Rebecca Faria	11:45-12:30 Tabata MS Andrea Rubenstein	12:15-1:00 Precision TR◆ Running@ Mike Nickles	11:15-12:00 Pilates YS <i>Todd Rhoades</i>	
12:20-1:05 Boxing Boot MS◆ Camp Julie Bellis	12:30-1:15 EQX Barre Burn MS <i>Andrea Rubenstein</i>	5:15-6:15 Vinyasa Yoga YS <i>Alison Riazzi</i>	12:00-1:00 Vinyasa Yoga YS <i>Chrissy Gonzalez</i>	5:30-6:30 Candlelight Flow YS Yoga <i>Cat Aldana</i>		
12:30-1:30 Hatha Yoga YS <i>Chrissy Gonzalez</i>	5:00-5:45 PURE STRENGTH MS◆ Amanda Mirach	5:30-6:15 METCON3 MS <i>Julie Bellis</i>	12:30-1:15 EQX Barre Burn MS <i>Andrea Rubenstein</i>			
4:45-5:30 EQX Barre Burn YS Joanna Tomczynska	5:30-6:15 Pilates Fusion YS <i>Karim Tonsy</i>	6:00-6:45 Studio Cycling CS◆ <i>Matheu Martell</i>	5:15-6:00 Tabata MS Cole Cruz			
5:15-5:30 Ab Lab MS <i>Katie Simmons</i>	5:45-6:15 Firestarter MS◆ <i>Katy Steele</i>	6:30-7:15 Boxing Boot Camp MS◆ <i>Sarah Carusona</i>	5:45-6:30 Pilates Fusion YS <i>Melissa Metro</i>			
5:30-6:15 Super Sculpt MS <i>Katie Simmons</i>	6:30-7:15 The Pursuit: Build CS◆ <i>Kristen Rheam</i>	6:30-7:45 Yoga Fundamentals YS <i>Anita March</i>	6:15-7:00 Ropes and MS◆ Rowers Cole Cruz			
5:30-6:15 Elevate TR◆ <i>Julie Bellis</i>	6:30-7:15 Dance! MS <i>Karim Tonsy</i>		6:30-7:15 The Pursuit: Burn CS◆ <i>Natalie Neyman</i>			
5:30-6:15 Pilates Fusion YS <i>Joanna Tomczynska</i>	6:30-7:45 Forrest Yoga Flow YS Marjorie Fradin		6:30-8:00 Vinyasa Yoga YS <i>Wade Gotwals</i>			
6:00-6:45 Swim Team PD◆ <i>Katie Hoff Anderson</i>	7:15-7:45 Stretch Essentials MS <i>Karim Tonsy</i>					
6:30-7:15 Rhythm Revolution CS◆ <i>Barb Fellars</i>						
6:30-7:15 THE CUT MS <i>Julie Bellis</i>						
6:30-7:45 Vinyasa Yoga YS <i>Warren Lange</i>						
7:15-8:00 Best Butt Ever MS <i>Shanon Beelendorf</i>						

GOLD COAST

900 NORTH MICHIGAN
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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

Julie.Bellis@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
MS	Main Studio
YS	Yoga Studio
PD	Pool Deck
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.

POOL CLOSURES: R.I.C. patient rehabilitation:
Mon/Tues 3-4pm, Thurs/Fri 11am-12pm. Pool is also reserved for all Aqua classes on monthly schedule

STUDIO CYCLING

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.

THE PURSUIT: BUILD Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

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.

FORREST YOGA FLOW Intense pose sequences, compassionately taught, to awaken each of the senses and connect you to the wisdom of your physical and emotional body. Forrest Yoga encourages you to go deeper in your yoga practice and brings joy to the body, mind and Spirit.

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.

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.

YOGAWAKENING Awaken with ease using the flow of your breath. Developed by Allison English, this energizing yoga class connects you to the clarity of your mind and gradually readies you for your day. Leave feeling refreshed, restored and renewed.

ATHLETIC TRAINING

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

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 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.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge 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!

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

CARDIO STEP A challenging cardiovascular workout consisting of choreographed combinations on and around the classic Step platform.

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

FLOW CORE TONE A free flowing core strength & flexibility workout that incorporates movements from dance, Pilates, Yoga and traditional conditioning exercises using your own body weight and very light hand weights to reshape your body and improve posture.

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.

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.

DANCE

DANCE! Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

BOXING & MARTIAL ARTS

BOXING BOOT CAMP Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

TAI CHI A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Chi Gung, Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

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.