

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 PD ◆ Swim Athletics <i>Derrick Milligan</i>	6:15-7:10 MS Definitions <i>Katie Simmons</i>	6:15-7:00 CS ◆ Rhythm Revolution <i>Kristen Rheam</i>	6:15-7:00 MS Definitions <i>Julie Bellis</i>	6:15-7:00 CS ◆ The Pursuit: Burn <i>Michael Wollpert</i>	8:00-8:50 MS ◆ Boxing Boot Camp <i>Julie Bellis</i>	9:00-9:45 CS ◆ Rhythm Revolution <i>Barb Fellars</i>
6:15-7:00 CS ◆ Studio Cycling <i>Barb Fellars</i>	6:30-7:30 YS yogAWAKENING <i>Todd Rhoades</i>	6:30-7:15 PD ◆ Swim Team <i>Katie Hoff</i> Anderson	6:15-7:00 TR ◆ Precision Running@ <i>Kiki Smith</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Matheu Martell</i>	8:00-8:45 YS EQX Barre Burn <i>Andrea Rubenstein</i>	9:00-9:45 MS Cardio Step <i>Jon Gestl</i>
6:30-7:00 MS ◆ Firestarter <i>Rebecca Faria</i>	7:15-8:00 MS METCON3 <i>Emmanuella St. Juste</i>	7:00-7:45 MS ◆ Whipped! <i>Emmanuella St. Juste</i>	6:30-7:30 YS Vinyasa Yoga Warren Lange	8:00-8:45 YS Pilates Fusion <i>Todd Rhoades</i>	9:00-9:50 CS ◆ Studio Cycling <i>Andrea Rubenstein</i>	9:00-9:45 YS Flow Core Tone <i>Cris Persico</i>
7:00-7:45 MS I.T.V. interval training <i>Rebecca Faria</i>	8:00-8:45 MS Definitions <i>Emmanuella St. Juste</i>	8:00-8:45 YS Flow Core Tone Cris Persico	7:00-7:15 MS RX Series@ <i>Julie Bellis</i>	9:00-9:45 MS Cardio Cross-Train <i>Nicole Thomas</i>	9:00-9:50 MS ◆ METCON3 <i>Julie Bellis</i>	9:45-10:30 MS Definitions <i>Jon Gestl</i>
8:00-8:45 MS EQX Barre Burn <i>Rebecca Faria</i>	9:00-9:45 MS Dance! <i>Bianca Sawyer</i>	9:00-9:45 MS Cardio Sculpt <i>Karim Tonsy</i>	7:15-8:00 MS Stacked! <i>Rebecca Faria</i>	9:00-10:00 YS Hatha Yoga <i>Chrissy Gonzalez</i>	9:00-10:15 YS Vinyasa Yoga <i>Chrissy Gonzalez</i>	10:00-10:45 PD Aqua Strength <i>Cris Persico</i>
9:00-9:45 MS Definitions <i>Julie Bellis</i>	9:00-9:50 TR ◆ Elevate <i>Cole Cruz</i>	9:00-9:45 MS THE MUSE™ <i>Melissa Metro</i>	8:00-8:45 MS Definitions <i>Rebecca Faria</i>	9:45-10:00 MS Ab Lab <i>Nicole Thomas</i>	10:00-10:45 MS ◆ Super Sculpt <i>Katie Simmons</i>	10:00-11:30 YS Power Yoga (L2) <i>Allison English</i>
9:00-10:15 YS Vinyasa Yoga (L2) <i>Allison English</i>	9:00-9:50 YS Flow Core Tone <i>Karim Tonsy</i>	9:00-9:30 YS ◆ Core & Stretch <i>Melissa Metro</i>	9:00-9:45 MS Studio Cycling <i>Michael Wollpert</i>	10:00-10:45 PD Aqua Strength <i>Karim Tonsy</i>	10:00-10:45 PD Aqua Strength <i>Andrea Rubenstein</i>	10:45-11:30 MS ◆ Whipped! <i>Matheu Martell</i>
9:45-10:00 MS RX Series@ <i>Julie Bellis</i>	10:00-11:00 MS Tai Chi <i>Jimmy Chan</i>	9:30-9:45 YS Stretch Essentials <i>Melissa Metro</i>	9:00-9:45 MS Dance! <i>Karim Tonsy</i>	10:15-11:00 YS Pilates <i>Todd Rhoades</i>	10:00-10:50 TR ◆ Elevate <i>Ty Johnson</i>	11:45-12:15 MS ◆ THE CUT: Jump Rope <i>Matheu Martell</i>
10:00-10:45 PD Aqua Strength <i>Bianca Sawyer</i>	10:00-11:00 YS Slow Flow Yoga <i>Alison Riazzi</i>	9:45-10:00 MS Stretch Essentials <i>Karim Tonsy</i>	9:45-10:00 MS Stretch Essentials <i>Karim Tonsy</i>	11:45-12:30 MS ◆ Circuit Challenge <i>Cole Cruz</i>	10:15-11:00 CS ◆ Cycle Beats Ahmed Zayidi	11:45-12:45 YS Yoga Fundamentals <i>Allison English</i>
11:30-12:15 YS Pilates <i>Todd Rhoades</i>	11:45-12:30 MS METCON3 <i>Andrea Rubenstein</i>	10:00-10:45 PD Aqua Strength <i>Karim Tonsy</i>	10:00-11:00 YS Gentle Yoga <i>Alison Riazzi</i>	12:00-1:15 YS Slow Flow Yoga <i>Warren Lange</i>	10:15-11:00 YS Stretch Essentials <i>Chrissy Gonzalez</i>	4:30-5:45 YS Candlelight Flow Yoga <i>Madison Suffredini</i>
11:45-12:15 MS ◆ THE CUT: Jump Rope <i>Julie Bellis</i>	12:00-1:00 YS Vinyasa Yoga <i>Warren Lange</i>	11:45-12:30 MS Stacked! Rebecca Faria	11:45-12:30 MS ◆ Shockwave <i>Andrea Rubenstein</i>	12:15-1:00 CS ◆ Studio Cycling <i>Michael Wollpert</i>	10:45-11:00 MS Ab Lab <i>Katie Simmons</i>	
12:15-1:00 CS ◆ The Pursuit: Burn <i>Rebecca Faria</i>	12:15-1:00 TR ◆ Precision Running@ Amanda Mirach	12:00-1:00 YS Restorative Yoga Cat Aldana	12:00-1:00 YS Vinyasa Yoga <i>Chrissy Gonzalez</i>	12:35-1:05 MS ◆ THE CUT: Jump Rope <i>Cole Cruz</i>	11:15-12:00 YS Pilates <i>Todd Rhoades</i>	
12:20-1:05 MS ◆ Boxing Boot Camp <i>Julie Bellis</i>	12:35-1:20 MS EQX Barre Burn <i>Andrea Rubenstein</i>	12:15-1:00 CS ◆ Studio Cycling <i>Michael Wollpert</i>	12:30-1:15 TR ◆ Precision Running@ Mike Nickles	5:30-6:30 YS Candlelight Flow Yoga Cat Aldana		
12:30-1:30 YS Hatha Yoga <i>Chrissy Gonzalez</i>	5:00-5:45 MS ◆ PURE STRENGTH <i>Amanda Mirach</i>	12:30-12:45 MS Core Conditioning Rebecca Faria	12:35-1:20 MS EQX Barre Burn <i>Andrea Rubenstein</i>			
5:15-5:30 MS Ab Lab <i>Katie Simmons</i>	5:30-6:15 YS Pilates Fusion <i>Karim Tonsy</i>	4:45-5:30 MS EQX Barre Burn <i>Rebecca Faria</i>	5:15-6:00 MS Tabata <i>Cole Cruz</i>			
5:15-5:45 YS ◆ THE MUSE™ <i>Karim Tonsy</i>	5:45-6:15 MS ◆ Firestarter <i>Katy Steele</i>	5:15-6:30 YS Vinyasa Yoga <i>Alison Riazzi</i>	5:45-6:30 YS Pilates Fusion <i>Melissa Metro</i>			
5:30-6:15 MS Super Sculpt <i>Katie Simmons</i>	6:30-7:15 CS ◆ The Pursuit: Build <i>Kristen Rheam</i>	5:30-6:15 MS METCON3 <i>Rebecca Faria</i>	6:15-7:00 MS ◆ Ropes and Rowers <i>Cole Cruz</i>			
5:30-6:20 TR ◆ Elevate <i>Ty Johnson</i>	6:30-7:15 MS Dance! <i>Karim Tonsy</i>	6:00-6:45 CS ◆ Studio Cycling <i>Matheu Martell</i>	6:30-7:15 CS ◆ The Pursuit: Burn <i>Natalie Neyman</i>			
5:45-6:30 YS Pilates Fusion <i>Todd Rhoades</i>	6:30-7:45 YS Restorative Yoga <i>Anngeila Leone</i>	6:30-7:15 MS ◆ Boxing Boot Camp <i>Sarah Carusona</i>	6:30-8:00 YS Vinyasa Yoga <i>Wade Gotwals</i>			
6:00-6:45 PD ◆ Open Swim <i>Team Equinox</i>	7:15-7:30 MS Stretch Essentials Karim Tonsy	7:15-8:00 MS ◆ Kettle Bell Circuit <i>Sarah Carusona</i>				
6:30-7:15 CS ◆ Rhythm Revolution <i>Barb Fellars</i>	7:30-8:15 MS Flow Core Tone Courtney Beyer					
6:30-7:15 MS THE CUT <i>Julie Bellis</i>						
6:30-7:45 YS Vinyasa Yoga <i>Warren Lange</i>						
7:15-8:00 MS I.T.V. interval training <i>Erin Sneed</i>						

GOLD COAST

900 NORTH MICHIGAN
CHICAGO ILLINOIS 60611
312.254.2500
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

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

POOL CLOSURES: Gold
Coast indoor pool is
reserved for all Aqua and
Swim classes on the
monthly schedule.

CYCLING

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

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.

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

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

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. 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!

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

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.

CORE & STRETCH An alignment class that focus on two very important components of fitness: core strength and flexibility.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

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.

SUPER SCULPT Total body conditioning using weights, body bars and steps. Builds strength and endurance in the entire body.

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.

DANCE

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