

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
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>	8:30-9:20 Carve and Sculpt MS <i>Karim Tonsy</i>	8:30-9:20 Beast n Feast Ride CS◆ <i>Michael Wollpert</i>	9:00-9:50 Beast n Feast Ride CS◆ <i>Julie Bellis</i>	8:30-9:20 Beast n Feast Ride CS◆ <i>Anthony Fleming III</i>
6:30-7:00 Firestarter MS◆ <i>Rebecca Faria</i>	6:15-7:00 Swim Athletics PD◆ <i>Derrick Milligan</i>	6:15-7:00 Swim Team PD◆ <i>Katie Hoff Anderson</i>	9:00-9:50 Beast n Feast Ride CS◆ <i>Kristen Rheam</i>	9:00-9:50 Cardio Cross-Train MS <i>Nicole Thomas</i>	9:00-9:50 Thanks and Planks MS <i>Katie Simmons</i>	9:00-9:50 Carve and Sculpt MS <i>Rebecca Faria</i>
7:00-7:45 I.T.V. interval training MS <i>Rebecca Faria</i>	6:30-7:30 yogAWAKENING YS <i>Todd Rhoades</i>	7:00-7:45 Whipped! MS◆ <i>Emmanuella St. Juste</i>	9:00-10:15 Gratitude Yoga YS <i>Warren Lange</i>	9:00-10:00 Gratitude Yoga YS <i>Chrissy Gonzalez</i>	9:00-10:15 Gratitude Yoga YS <i>Chrissy Gonzalez</i>	10:00-10:50 Half Time Hustle MS <i>Rebecca Faria</i>
8:00-8:45 EQX Barre Burn MS <i>Rebecca Faria</i>	7:15-8:00 METCON3 MS <i>Emmanuella St. Juste</i>	8:00-8:45 EQX Barre Burn MS <i>Joanna Tomczynska</i>	9:30-10:20 Shake and Bake MS <i>Karim Tonsy</i>	10:00-10:50 Carve and Sculpt MS <i>Nicole Thomas</i>	10:00-10:50 Carve and Sculpt MS <i>Katie Simmons</i>	10:00-11:30 Gratitude Yoga YS <i>Allison English</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 Cardio Sculpt MS <i>Karim Tonsy</i>		10:00-10:45 Aqua Strength PD <i>Joanna Tomczynska</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>	9:00-9:45 Dance! YS <i>Joanna Tomczynska</i>		11:00-11:45 Pilates YS <i>Joanna Tomczynska</i>		
9:45-10:00 RX Series® MS <i>Julie Bellis</i>	9:00-9:50 Elevate TR◆ <i>Julie Bellis (SUB)</i>	9:45-10:00 RX Series® MS <i>Karim Tonsy</i>				
10:00-10:45 Aqua Strength PD <i>Bianca Sawyer</i>	9:00-9:50 Flow Core Tone YS <i>Karim Tonsy</i>	10:00-10:45 Aqua Strength PD <i>Joanna Tomczynska</i>				
11:30-12:15 Pilates YS <i>Nicole Ron</i>	10:00-11:00 Tai Chi MS <i>Jimmy Chan</i>	11:45-12:30 PURE STRENGTH MS◆ <i>Rebecca Faria</i>				
11:45-12:15 THE CUT: Jump Rope MS◆ <i>Julie Bellis</i>	10:00-11:00 Slow Flow Yoga YS <i>Alison Riazi</i>	12:00-1:00 Restorative Yoga YS <i>Cat Aldana</i>				
12:15-1:00 The Pursuit: Build CS◆ <i>Rebecca Faria</i>	11:45-12:30 METCON3 MS <i>Andrea Rubenstein</i>	12:15-1:00 Studio Cycling CS◆ <i>Michael Wollpert</i>				
12:15-1:00 Precision Running® TR◆ <i>Amanda Mirach</i>	12:00-1:00 Vinyasa Yoga YS <i>Warren Lange</i>	12:30-1:00 Firestarter MS◆ <i>Rebecca Faria</i>				
12:20-1:05 Boxing Boot Camp MS◆ <i>Julie Bellis</i>	12:30-1:15 EQX Barre Burn MS <i>Andrea Rubenstein</i>					
12:30-1:30 Hatha Yoga YS <i>Chrissy Gonzalez</i>	5:00-5:45 PURE STRENGTH MS◆ <i>Amanda Mirach</i>					
4:45-5:30 EQX Barre Burn YS <i>Joanna Tomczynska</i>	5:30-6:15 Pilates Fusion YS <i>Karim Tonsy</i>					
5:15-5:30 Ab Lab MS <i>Katie Simmons</i>	5:45-6:15 Firestarter MS◆ <i>Julie Bellis (SUB)</i>					
5:30-6:15 Super Sculpt MS <i>Katie Simmons</i>	6:30-7:15 The Pursuit: Burn CS◆ <i>Kristen Rheam</i>					
5:30-6:20 Elevate TR◆ <i>Julie Bellis</i>	6:30-7:15 Dance! MS <i>Karim Tonsy</i>					
5:30-6:15 Pilates Fusion YS <i>Joanna Tomczynska</i>	6:30-7:45 Forrest Yoga Flow YS <i>Marjorie Fradin</i>					
6:30-7:15 Rhythm Revolution CS◆ <i>Barb Fellars</i>	7:15-7:45 Stretch Essentials MS <i>Karim Tonsy</i>					
6:30-7:15 THE CUT MS <i>Julie Bellis</i>						
6:30-7:45 Vinyasa Yoga YS <i>Warren Lange</i>						
7:15-7:45 Below the Belt MS <i>Erin Sneed</i>						
7:45-8:00 Above the Belt MS <i>Erin Sneed</i>						

GOLD COAST

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THANKSGIVING MODIFIED HOURS

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

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

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
PD	Pool Deck
TR	Treadmill Area

WHAT'S NEW THIS MONTH

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

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

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

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

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.

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

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.

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.

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

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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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.

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

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.

ABOVE THE BELT A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

BELOW THE BELT A complete lower body experience to tone and strengthen the glutes, thighs and hamstrings. Complete workout with abdominal and lower back conditioning and hip and thigh flexibility.

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.

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.

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.

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.

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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.