

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 Studio Cycling <i>CS</i> ◆ <i>Barb Fellars</i>	6:15-7:00 Definitions <i>MS</i> <i>Katie Simmons</i>	6:15-7:00 Rhythm Revolution <i>CS</i> ◆ <i>Kristen Rheam</i>	6:15-7:00 Definitions <i>MS</i> <i>Julie Bellis</i>	6:30-7:15 The Pursuit: Burn <i>CS</i> ◆ <i>Michael Wollpert</i>	8:00-8:50 Boxing Boot Camp <i>MS</i> ◆ <i>Julie Bellis</i>	9:00-9:45 Rhythm Revolution <i>CS</i> ◆ <i>Barb Fellars</i>
6:30-7:00 Firestarter <i>MS</i> ◆ <i>Rebecca Faria</i>	6:15-7:00 Swim Athletics <i>PD</i> ◆ <i>Derrick Milligan</i>	7:00-7:45 Whipped! <i>MS</i> ◆ <i>Emmanuella St. Juste</i>	6:15-7:00 Swim Athletics <i>PD</i> ◆ <i>Derrick Milligan</i>	6:45-7:30 Ropes and Rowers <i>MS</i> ◆ <i>Matheu Martell</i>	8:00-8:45 EQX Barre Burn <i>YS</i> <i>Andrea Rubenstein</i>	9:00-9:45 Cardio Step <i>MS</i> <i>Jon Gestl</i>
7:00-7:45 I.T.V. interval training <i>MS</i> <i>Rebecca Faria</i>	6:30-7:30 yogAWAKENING <i>YS</i> <i>Adam Polhemus</i>	8:00-8:45 EQX Barre Burn <i>MS</i> <i>Joanna Tomczynska</i>	6:30-7:15 Precision Running ® <i>TR</i> ◆ <i>Kiki Smith</i>	8:00-8:45 Pilates Fusion <i>YS</i> <i>Adeoye Mabogunje</i>	9:00-9:50 Tour de France Ride <i>CS</i> ◆ <i>Andrea Rubenstein</i>	9:45-10:30 Definitions <i>MS</i> <i>Jon Gestl</i>
8:00-8:45 EQX Barre Burn <i>MS</i> <i>Rebecca Faria</i>	7:00-7:15 Core & Stretch <i>MS</i> <i>Katie Simmons</i>	9:00-9:45 Cardio Sculpt <i>MS</i> <i>Karim Tonsy</i>	6:30-7:30 yogAWAKENING <i>YS</i> <i>Warren Lange</i>	9:00-9:45 Cardio Cross-Train <i>MS</i> <i>Nicole Thomas</i>	9:00-9:30 Firestarter <i>MS</i> ◆ <i>Emmanuella St. Juste</i>	10:00-10:45 Aqua Boot Camp <i>PD</i> <i>Julie Bellis</i>
9:00-9:45 Definitions <i>MS</i> <i>Julie Bellis</i>	7:15-8:00 METCON3 <i>MS</i> <i>Emmanuella St. Juste</i>	9:00-9:45 Dance! <i>MS</i> <i>Joanna Tomczynska</i>	7:00-7:15 RX Series® <i>MS</i> <i>Julie Bellis</i>	9:00-10:00 Hatha Yoga <i>YS</i> <i>Chrissy Gonzalez</i>	9:00-9:30 Vinyasa Yoga <i>YS</i> <i>Chrissy Gonzalez</i>	10:00-11:30 Power Yoga (L2) <i>YS</i> <i>Allison English</i>
9:00-10:15 Vinyasa Yoga (L2) <i>YS</i> <i>Allison English</i>	8:00-8:45 Definitions <i>MS</i> <i>Emmanuella St. Juste</i>	9:45-10:00 RX Series® <i>MS</i> <i>Karim Tonsy</i>	7:15-8:00 THE CUT <i>MS</i> <i>Rebecca Faria</i>	9:45-10:00 Ab Lab <i>MS</i> <i>Nicole Thomas</i>	9:30-10:00 Tabata <i>MS</i> <i>Emmanuella St. Juste</i>	10:45-11:15 THE CUT: Jump Rope <i>MS</i> ◆ <i>Matheu Martell</i>
9:45-10:00 RX Series® <i>MS</i> <i>Julie Bellis</i>	9:00-9:45 Dance! <i>MS</i> <i>Melissa Metro</i>	10:00-10:45 Aqua Boot Camp <i>PD</i> <i>Joanna Tomczynska</i>	8:00-8:45 Definitions <i>MS</i> <i>Rebecca Faria</i>	10:00-10:45 Hydro Evolution <i>PD</i> <i>Karim Tonsy</i>	10:00-10:45 Super Sculpt <i>MS</i> <i>Katie Simmons</i>	11:15-11:30 Best Arms Ever <i>MS</i> <i>Matheu Martell</i>
10:00-10:45 Hydro Evolution <i>PD</i> <i>Joanna Tomczynska</i>	9:00-9:50 Elevate <i>TR</i> ◆ <i>Julie Bellis</i>	11:45-12:30 PURE STRENGTH: SUMMER EDITION <i>MS</i> ◆ <i>Rebecca Faria</i>	9:00-9:45 Studio Cycling <i>CS</i> ◆ <i>Michael Wollpert</i>	10:15-11:00 Pilates <i>YS</i> <i>Joanna Tomczynska</i>	10:00-10:45 Hydro Evolution <i>PD</i> <i>Andrea Rubenstein</i>	11:45-12:45 Yoga Fundamentals <i>YS</i> <i>Allison English</i>
11:30-12:15 Pilates <i>YS</i> <i>Nicole Ron</i>	9:00-9:45 Flow Core Tone <i>YS</i> <i>Karim Tonsy</i>	12:00-1:00 Restorative Yoga <i>YS</i> <i>Cat Aldana</i>	9:00-9:45 Dance! <i>MS</i> <i>Karim Tonsy</i>	12:00-1:00 RunCross® <i>CL</i> ◆ <i>Mike Nickles</i>	10:15-11:00 The Pursuit: Burn <i>CS</i> ◆ <i>Julie Bellis</i>	4:30-5:45 Candlelight Flow <i>YS</i> <i>Sonja Spray</i>
11:45-12:15 THE CUT: Jump Rope <i>MS</i> ◆ <i>Tonya Dugger</i>	10:00-11:00 Tai Chi <i>MS</i> <i>Jimmy Chan</i>	12:15-1:00 Tour de France Ride <i>CS</i> ◆ <i>Michael Wollpert</i>	9:45-10:00 Stretch Therapy <i>MS</i> <i>Karim Tonsy</i>	12:00-12:45 Tabata <i>MS</i> <i>Ben Masztak</i>	10:15-11:00 The Pursuit: Burn <i>CS</i> ◆ <i>Julie Bellis</i>	
12:15-1:00 The Pursuit: Build <i>CS</i> ◆ <i>Rebecca Faria</i>	10:00-11:00 Slow Flow Yoga <i>YS</i> <i>Alison Riazzi</i>	12:30-1:00 Firestarter <i>MS</i> ◆ <i>Rebecca Faria</i>	10:00-11:00 Gentle Yoga <i>YS</i> <i>Alison Riazzi</i>	12:00-1:15 Slow Flow Yoga <i>YS</i> <i>Warren Lange</i>	10:15-11:00 Stretch Therapy <i>YS</i> <i>Chrissy Gonzalez</i>	
12:15-1:00 Boxing Boot Camp <i>MS</i> ◆ <i>Tonya Dugger</i>	11:45-12:30 METCON3 <i>MS</i> <i>Andrea Rubenstein</i>	5:15-6:15 Vinyasa Yoga <i>YS</i> <i>Alison Riazzi</i>	11:45-12:30 Shockwave <i>MS</i> ◆ <i>Andrea Rubenstein</i>	12:15-1:00 Studio Cycling <i>CS</i> ◆ <i>Michael Wollpert</i>	10:45-11:00 Ab Lab <i>MS</i> <i>Katie Simmons</i>	
12:15-1:00 Precision Running® <i>TR</i> ◆ <i>Mike Nickles</i>	12:00-1:00 Vinyasa Yoga <i>YS</i> <i>Warren Lange</i>	5:30-6:15 METCON3 <i>MS</i> <i>Julie Bellis</i>	12:30-1:15 EQX Barre Burn <i>MS</i> <i>Andrea Rubenstein</i>	5:30-6:30 Candlelight Flow <i>YS</i> <i>Yoga</i> <i>Cat Aldana</i>	11:15-12:00 Athletic Conditioning <i>MS</i> <i>Shanon Beelendorf</i>	
12:30-1:30 Hatha Yoga <i>YS</i> <i>Chrissy Gonzalez</i>	12:30-1:15 EQX Barre Burn <i>MS</i> <i>Andrea Rubenstein</i>	6:00-6:45 Studio Cycling <i>CS</i> ◆ <i>Matheu Martell</i>	5:00-5:30 THE CUT: Jump Rope <i>MS</i> ◆ <i>Amanda Mirach</i>		11:15-12:00 Pilates <i>YS</i> <i>Ellen Shadle</i>	
5:15-5:30 Ab Lab <i>MS</i> <i>Katie Simmons</i>	5:00-5:45 PURE STRENGTH: SUMMER EDITION <i>MS</i> ◆ <i>Amanda Mirach</i>	6:00-6:45 Studio Cycling <i>CS</i> ◆ <i>Matheu Martell</i>	5:30-5:45 Best Arms Ever <i>MS</i> <i>Amanda Mirach</i>			
5:30-6:15 Super Sculpt <i>MS</i> <i>Katie Simmons</i>	5:30-6:15 Pilates Fusion <i>YS</i> <i>Karim Tonsy</i>	6:30-7:15 Boxing Boot Camp <i>MS</i> ◆ <i>Julie Bellis</i>	5:45-6:30 Pilates Fusion <i>YS</i> <i>Melissa Metro</i>			
5:30-6:15 Elevate <i>TR</i> ◆ <i>Julie Bellis</i>	5:45-6:15 Firestarter <i>MS</i> ◆ <i>Katy Steele</i>	6:30-7:45 Yoga Fundamentals <i>YS</i> <i>Anita March</i>	6:00-6:30 Tabata <i>MS</i> <i>Katy Steele</i>			
5:30-6:15 Pilates Fusion <i>YS</i> <i>Joanna Tomczynska</i>	6:00-6:45 Aqua Boot Camp <i>PD</i> <i>Andrew Martinez</i>	7:00-7:45 Tread and Shred <i>TR</i> ◆ <i>Matheu Martell</i>	6:30-7:15 The Pursuit: Burn <i>CS</i> ◆ <i>Natalie Neyman</i>			
6:00-6:45 Swim Athletics <i>PD</i> ◆ <i>Katie Hoff Anderson</i>	6:30-7:15 The Pursuit: Build <i>CS</i> ◆ <i>Kristen Rheam</i>		6:30-7:00 Firestarter <i>MS</i> ◆ <i>Katy Steele</i>			
6:30-7:15 Rhythm Revolution <i>CS</i> ◆ <i>Barb Fellars</i>	6:30-7:15 Dance! <i>MS</i> <i>Karim Tonsy</i>		6:30-8:00 Vinyasa Yoga <i>YS</i> <i>Wade Gotwals</i>			
6:30-7:15 THE CUT <i>MS</i> <i>Julie Bellis</i>	6:30-7:30 Yoga Fundamentals <i>YS</i> <i>Adam Polhemus</i>					
6:30-7:45 Vinyasa Yoga <i>YS</i> <i>Warren Lange</i>	7:15-7:45 Stretch Therapy <i>MS</i> <i>Karim Tonsy</i>					
7:15-8:00 Best Butt Ever <i>MS</i> <i>Shanon Beelendorf</i>						

GOLD COAST

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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

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

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

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.

TOUR DE FRANCE RIDE Celebrate the most prestigious bike race in the world in this indoor cycling experience, inspired by the 104th Le Tour de France. Pedal like a pro through France and it's bordering countries and see how much of the 3,540 kilometers of the 2017 route you can cover in just 45 minutes.

RUNNING

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.

RUNCROSS This outdoor run course experience moves you forward and features expertly designed cross training drills and mad motivation for the ultimate strength-meets-cardio experience. Created by David Siik for Equinox.

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

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

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.

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!

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!

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! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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

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.

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

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

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.

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: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

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.