

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:15-7:00 MS	Definitions <i>Julie Bellis</i>	6:30-7:15 CS◆	The Pursuit: Burn <i>Michael Wollpert</i>	8:00-8:45 YS	EQX Barre Burn <i>Andrea Rubenstein</i>	9:00-9:45 CS◆	Gear up for Summer <i>Barb Fellars</i>	8:00-8:45 MS	EQX Barre Burn <i>Adeoye Mabogunje</i>	6:15-7:00 MS	Definitions <i>Katie Simmons</i>	6:15-7:00 CS◆	Rhythm Revolution <i>Kristen Rheam</i>
6:15-7:00 PD◆	Swim Athletics <i>Derrick Milligan</i>	8:00-8:45 YS	Pilates Fusion <i>Adeoye Mabogunje</i>	9:00-9:50 CS◆	Gear up for Summer <i>Andrea Rubenstein</i>	9:00-9:45 MS	Cardio Step <i>Jon Gestl</i>	8:00-9:30 YS	Memorial Day Warrior Yoga <i>Allison English</i>	6:15-7:00 PD◆	Swim Athletics <i>Derrick Milligan</i>	7:00-7:45 MS◆	Ropes and Rowers <i>Emmanuella St. Juste</i>
6:30-7:15 TR◆	Tread and Shred <i>Kiki Smith</i>	9:00-9:45 MS	Cardio Cross-Train <i>Nicole Thomas</i>	9:00-9:45 MS	Summer Slam <i>Katie Simmons</i>	9:45-10:30 MS	Summer Sculpt <i>Jon Gestl</i>	9:00-10:00 CS◆	Red, Ride and Blue <i>Matheu Martell</i>	6:30-7:30 YS	yogAWAKENING <i>Adam Polhemus</i>	8:00-8:45 MS	EQX Barre Burn <i>Joanna Tomczynska</i>
6:30-7:30 YS	yogAWAKENING <i>Warren Lange</i>	9:00-10:00 YS	Hatha Yoga <i>Chrissy Gonzalez</i>	9:00-10:15 YS	Vinyasa Yoga <i>Chrissy Gonzalez</i>	10:00-11:30 YS	Power Yoga (L2) <i>Adeoye Mabogunje</i>	10:00-10:45 MS	Summer Sculpt <i>Katie Simmons</i>	7:00-7:15 MS	Core & Stretch <i>Katie Simmons</i>	9:00-9:45 MS	Cardio Sculpt <i>Karim Tonsy</i>
7:00-7:15 MS	RX Series® <i>Julie Bellis</i>	9:45-10:00 MS	Ab Lab <i>Nicole Thomas</i>	10:00-10:45 MS	Summer Sculpt <i>Katie Simmons</i>			10:00-10:45 MS	Summer Sculpt <i>Katie Simmons</i>	7:15-8:00 MS	METCON3 <i>Emmanuella St. Juste</i>	9:00-9:45 YS	Dance! <i>Joanna Tomczynska</i>
7:15-8:00 MS	Cardio Challenge <i>Rebecca Faria</i>	10:00-10:45 PD	Hydro Evolution <i>Karim Tonsy</i>	10:00-10:45 PD	Hydro Evolution <i>Andrea Rubenstein</i>			10:45-11:00 MS	Ab Lab <i>Katie Simmons</i>	8:00-8:45 MS	Definitions <i>Emmanuella St. Juste</i>	9:45-10:00 MS	RX Series® <i>Karim Tonsy</i>
8:00-8:45 MS	Definitions <i>Katie Simmons</i>	10:15-11:00 YS	Pilates <i>Joanna Tomczynska</i>	10:45-11:00 MS	Ab Lab <i>Katie Simmons</i>					9:00-9:45 MS	Dance! <i>Perry Denton</i>	10:00-10:45 PD	Aqua Boot Camp <i>Joanna Tomczynska</i>
9:00-9:45 CS◆	Studio Cycling <i>Michael Wollpert</i>	12:00-12:45 MS	Tabata <i>Ben Masztak</i>	11:15-12:00 YS	Pilates <i>Ellen Shadle</i>					9:00-9:45 YS	Flow Core Tone <i>Karim Tonsy</i>	11:45-12:30 MS◆	PURE STRENGTH (L2) <i>Rebecca Faria</i>
9:00-9:45 MS	Dance! <i>Emily Kelly</i>	12:00-1:15 YS	Slow Flow Yoga <i>Warren Lange</i>							9:45-10:00 MS	Stretch Therapy <i>Perry Denton</i>	12:00-1:00 YS	Restorative Yoga <i>Cat Aldana</i>
10:00-11:00 YS	Gentle Yoga <i>Alison Riazzi</i>									10:00-11:00 MS	Tai Chi <i>Jimmy Chan</i>	12:15-1:00 CS◆	Studio Cycling <i>Michael Wollpert</i>
11:45-12:30 MS◆	Shockwave <i>Andrea Rubenstein</i>									10:00-11:00 YS	Slow Flow Yoga <i>Alison Riazzi</i>	12:30-1:00 MS◆	Firestarter <i>Rebecca Faria</i>
12:00-1:00 YS	Vinyasa Yoga <i>Chrissy Gonzalez</i>									11:45-12:30 MS	METCON3 <i>Andrea Rubenstein</i>	5:15-6:15 YS	Vinyasa Yoga <i>Alison Riazzi</i>
12:30-1:15 MS	EQX Barre Burn <i>Andrea Rubenstein</i>									12:00-1:00 YS	Vinyasa Yoga <i>Warren Lange</i>	5:30-6:15 CS◆	Studio Cycling <i>Kristie Hawkins</i>
5:15-6:00 MS	Tabata <i>Angela DiRocco</i>									12:30-1:15 MS	EQX Barre Burn <i>Andrea Rubenstein</i>	5:30-6:15 MS	METCON3 <i>Kiki Smith</i>
5:45-6:30 YS	Pilates Fusion <i>Melissa Metro</i>									5:00-5:45 MS◆	PURE STRENGTH (L2) <i>Julie Bellis</i>	6:30-7:15 MS◆	Boxing Boot Camp <i>Ty Johnson</i>
6:30-7:15 CS◆	The Pursuit: Burn <i>Kristen Rheam</i>									5:45-6:15 MS◆	Firestarter <i>Katy Steele</i>	6:30-7:15 TR◆	Precision Running® <i>Kristie Hawkins</i>
6:30-8:00 YS	Vinyasa Yoga <i>Wade Gotwals</i>									5:45-6:30 YS	Pilates Fusion <i>Adeoye Mabogunje</i>	6:30-7:45 YS	Power Yoga <i>Alison Riazzi</i>
										6:15-6:30 MS	RX Series® <i>Julie Bellis</i>	7:15-7:45 MS	Stacked! <i>Ty Johnson</i>
										6:30-7:15 CS◆	The Pursuit: Build <i>Kristen Rheam</i>		
										6:30-7:15 MS	Dance! <i>Cheryl Hanson</i>		
										6:30-7:30 YS	Yoga Fundamentals <i>Adam Polhemus</i>		

GOLD COAST

900 NORTH MICHIGAN
CHICAGO ILLINOIS 60611
312.254.2500
EQUINOX.COM
@EQUINOX

MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 29 07:00 AM - 05:00 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

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

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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

GEAR UP FOR SUMMER Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

RED, RIDE AND BLUE 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.

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

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.

TREAD AND SHRED A thrilling treadmill class easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching keeps you connected to your exertion level & heart rate and helps you maximize calorie burning and strength with every stride.

YOGA

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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

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.

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!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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!

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.

CARDIO CHALLENGE Athletic based cardio designed to challenge you with non-stop movement, timed intervals and body weight training. Simple choreography delivers high on burn and results.

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.

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.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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.