

Bold New Class, Instructor, or Time
◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆	STRONG <i>Emmanuella St. Juste</i>	6:15-7:00 MS ◆	Whipped! <i>Jim Jalove</i>	6:15-7:00 MS ◆	Athletic Conditioning <i>Francesca Rollo</i>	6:15-7:00 MS ◆	Cardio Sculpt <i>Jack Halbert</i>	6:15-7:00 MS ◆	Tabata Max <i>Joanna Dutra</i>	8:00-8:45 CS ◆	Cycle Beats <i>Glenn Snellgrose</i>	8:00-8:45 CS ◆	Cycle Beats <i>Marquis Johnson</i>
7:15-8:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Emmanuella St. Juste</i>	7:00-7:45 CS ◆	ANTHEM™ <i>Glenn Snellgrose</i>	7:15-8:00 MS ◆	Tabata Max <i>Jordan Tallman</i>	7:00-7:45 CS ◆	Cycle Beats <i>Marquis Johnson</i>	7:15-8:00 MS ◆	Firestarter + Best Abs Ever <i>Lia Montelongo</i>	8:15-9:00 MS ◆	Athletic Conditioning - Outdoors <i>Jim Jalove</i>	8:30-9:30 YS ◆	Athletic Yoga <i>April Falcon</i>
7:30-8:15 TR ◆	Precision Run® <i>Shana Peters</i>	7:45-8:30 YS ◆	Barre <i>Bonnie Bushnell</i>	7:30-8:15 TR ◆	Precision Run® <i>Tammy Whyte</i>	7:45-8:30 YS ◆	Pilates Fusion <i>Bonnie Bushnell</i>	8:00-8:45 CS ◆	Cycle Beats <i>Joshua Grabowski</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Jon Keller</i>	9:00-9:45 MS ◆	Athletic Conditioning <i>Francesca Rollo</i>
8:00-8:45 CS ◆	Cycle Beats <i>Joshua Grabowski</i>	8:30-9:15 MS ◆	TRX Max <i>Shana Peters</i>	8:00-8:45 CS ◆	Cycle Beats <i>Michael Wollpert</i>	8:30-9:15 MS ◆	Athletic Conditioning <i>Eleonora Davidkova</i>	8:45-9:45 YS ◆	Pilates Mat <i>Lia Montelongo</i>	9:15-10:00 MS ◆	THE CUT <i>Devin Buchanan</i>	10:00-10:45 MS ◆	Tabata Max <i>Francesca Rollo</i>
8:45-9:45 YS ◆	Pilates Mat <i>Gina Ianni</i>	9:00-9:45 TR ◆	Elevate <i>Tammy Whyte</i>	8:45-9:45 YS ◆	Barre <i>Cassie Liveris</i>	9:00-9:45 TR ◆	Elevate <i>Meagan Delatte</i>	9:15-10:00 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Julie Valenti</i>	9:30-10:15 CS ◆	ANTHEM™ <i>Glenn Snellgrose</i>	10:15-11:00 YS ◆	Barre <i>Lia Montelongo</i>
9:15-10:00 MS ◆	Body Sculpt <i>Devin Buchanan</i>	9:00-10:00 YS ◆	Regeneration Yoga <i>Alison Riazi</i>	9:15-10:00 MS ◆	Cardio Sculpt <i>Devin Buchanan</i>	9:15-10:00 MS ◆	STRONG <i>Julie Bellis</i>	9:15-10:00 MS ◆	Vinyasa Yoga + Meditation <i>Christy Pemrick</i>	9:45-10:30 TR ◆	Precision Run® <i>Jim Jalove</i>	11:30-12:30 YS ◆	Vinyasa Yoga <i>Woni Lang</i>
12:00-1:00 YS ◆	Forrest Yoga <i>Allison English</i>	11:00-11:45 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Shana Peters</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Christy Pemrick</i>	12:00-1:00 YS ◆	Off The Barre <i>Glenn Snellgrose</i>	12:00-1:00 YS ◆	Vinyasa Yoga + Meditation <i>Christy Pemrick</i>	10:00-11:00 YS ◆	Vinyasa Yoga + Meditation <i>Allison English</i>	4:00-5:00 YS ◆	Yin Yoga Meditation <i>Woni Lang</i>
12:15-1:00 MS ◆	Stacked! <i>Devin Buchanan</i>	12:15-1:00 YS ◆	Off The Barre <i>Glenn Snellgrose</i>	12:15-1:00 MS ◆	Yoga Strong <i>Christy Pemrick</i>	12:15-1:00 MS ◆	Yoga Essentials <i>Anita March</i>	12:15-1:00 MS ◆	Tabata Max <i>Katie Schneider</i>	10:15-11:00 MS ◆	Best Butt Ever <i>Devin Buchanan</i>		
4:00-5:00 YS ◆	Vinyasa Yoga + Meditation <i>Sammi Callaghan</i>	4:15-5:00 YS ◆	Yoga Essentials <i>Allison English</i>	12:30-1:15 TR ◆	TRX Max <i>Shana Peters</i>	4:15-5:00 YS ◆	Master of One <i>Lea Tallia</i>	12:30-1:15 CS ◆	Cycle Beats <i>Michael Wollpert</i>	11:45-12:45 YS ◆	Pilates Fusion <i>Lia Montelongo</i>		
5:00-5:45 MS ◆	Stacked! <i>Julie Valenti</i>	5:00-5:45 MS ◆	Best Butt Ever <i>Devin Buchanan</i>	4:00-4:45 YS ◆	Barre <i>Lia Montelongo</i>	5:00-5:45 MS ◆	Cycle Beats <i>Joshua Grabowski</i>	4:00-5:00 YS ◆	Gentle Yoga + Meditation <i>Todd Boergemann</i>	4:00-5:00 YS ◆	Restorative Yoga <i>Todd Boergemann</i>		
5:15-6:00 CS ◆	Cycle Power <i>Joshua Grabowski</i>	5:30-6:15 CS ◆	Cycle Beats <i>Glenn Snellgrose</i>	5:00-5:45 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Julie Valenti</i>	5:30-6:15 CS ◆	Vinyasa Yoga <i>Woni Lang</i>	5:30-6:15 MS ◆	METCON3 <i>Joanna Dutra</i>				
5:45-6:30 YS ◆	Barre <i>Daniel Hurst</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Allison English</i>	5:45-6:30 TR ◆	Elevate <i>Meagan Delatte</i>	6:15-7:00 MS ◆	Kettlebell Power <i>Lea Tallia</i>	6:15-7:00 MS ◆					
6:00-6:45 MS ◆	Ropes and Rowers <i>Jim Jalove</i>	6:15-7:00 MS ◆	THE CUT <i>Devin Buchanan</i>	5:45-6:30 YS ◆	Pilates Fusion <i>Julia Atkin</i>	6:00-6:45 MS ◆	Barre <i>Angela Di Francesco</i>	6:45-7:30 YS ◆					
6:15-7:00 TR ◆	Precision Run® <i>Meagan Delatte</i>	6:45-7:30 YS ◆	Barre <i>Glenn Snellgrose</i>	6:00-6:45 MS ◆	Tabata Max <i>Julie Valenti</i>	7:00-8:00 YS ◆							
7:00-8:00 YS ◆	Vinyasa Yoga <i>April Falcon</i>			7:00-8:00 YS ◆	Vinyasa Yoga <i>Sammi Callaghan</i>								

LINCOLN PARK
 1750 NORTH CLARK STREET
 CHICAGO IL 60614
 EQUINOX.COM
 @EQUINOX

MON - THU: 5:00AM - 9:00PM
FRI: 5:00AM - 8:00PM
SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS
MON - SUN: 8:00AM - 12:00AM

GROUP FITNESS MANAGER
 jim.jalove@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
CS	Cycling Studio
YS	Yoga Studio
MS	Main Studio

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUN® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

FORREST YOGA Based on the work of Ana Forrest, an open class focused on building strength through core abdominal work.

GENTLE YOGA + MEDITATION A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

YIN YOGA MEDITATION A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

YOGA ESSENTIALS Wrap your body and mind around Yoga at Equinox. Get a sneak peek into what makes our Yoga so exceptional and leave feeling calm and restored.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

ATHLETIC CONDITIONING - OUTDOORS A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

KETTLEBELL POWER This total-body workout combines strength-focused compound movements, explosive power, and core conditioning.

Learn how to safely navigate this classic modality with expert instruction.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCONS This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

TRX MAX A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility and unconventionally challenging your core.

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

BARRE

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility and dramatically transform your body.

BOXING AND KICKBOXING

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.