

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆ Whipped! <i>Jim Jalove</i>	6:30-7:15 MS ◆ STRONG <i>Emmanuella St. Juste</i>	6:15-7:00 PD ◆ Swim Team <i>Julia Pratt</i>	7:00-7:45 CS ◆ Cycle Beats <i>Marquis Johnson</i>	6:15-7:00 PD ◆ Swim Team <i>Julia Pratt</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	6:30-7:15 MS ◆ STRONG <i>Devin Buchanan</i>	6:15-7:00 PD ◆ Cycle Power <i>Zane Gotzbach</i>	6:15-7:00 MS ◆ Tabata Max <i>Stephan Kunca</i>	6:15-7:00 PD ◆ Swim Team <i>Hanna Hunstad (IL)</i>	8:15-9:05 CS ◆ The Pursuit: Build <i>Michael Wollpert</i>	8:30-9:15 MS ◆ Athletic Conditioning <i>Meg Tumure</i>	8:30-9:30 YS ◆ Off The Barre <i>Taylor Lane</i>	8:30-9:30 YS ◆ Off The Barre <i>Taylor Lane</i>
6:30-7:15 CS ◆ Cycle Beats <i>Barb Fellars</i>	7:30-8:15 MS ◆ Best Butt Ever + <i>Devin Buchanan</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	7:30-8:15 MS ◆ Barre <i>Karim Tonsy</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	7:00-7:45 CS ◆ Cycle Power <i>Zane Gotzbach</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	6:30-7:15 CS ◆ Cycle Beats <i>Joseph Destino</i>	6:30-7:15 CS ◆ Cycle Beats <i>Joseph Destino</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Lia Montelongo</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Lia Montelongo</i>	9:00-9:45 MS ◆ Tabata Max <i>Joanna Dutra</i>	9:00-9:45 MS ◆ Tabata Max <i>Joanna Dutra</i>
7:00-7:45 TR ◆ Precision Run® <i>Kiki Smith</i>	9:00-9:45 YS ◆ Barre <i>Karim Tonsy</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	9:15-10:00 MS ◆ Cardio Sculpt <i>Emmanuella St. Juste</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	7:15-8:00 TR ◆ Cycle Power <i>Zane Gotzbach</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	7:15-8:00 MS ◆ METCON3 <i>Cassie Liveris</i>	7:15-8:00 MS ◆ METCON3 <i>Cassie Liveris</i>	9:30-10:15 MS ◆ Stacked! <i>Emmanuella St. Juste</i>	9:30-10:15 MS ◆ Stacked! <i>Emmanuella St. Juste</i>	9:30-10:15 MS ◆ METCON3 <i>Joanna Dutra</i>	9:30-10:15 MS ◆ METCON3 <i>Joanna Dutra</i>
7:15-8:00 MS ◆ METCON3 <i>Jim Jalove</i>	9:15-10:00 MS ◆ Cardio Sculpt <i>Emmanuella St. Juste</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	9:30-10:00 TR ◆ Elevate <i>Michael Wollpert</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	7:30-8:15 MS ◆ Cardio Sculpt <i>Devin Buchanan</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	8:15-9:15 MS ◆ Vinyasa Yoga <i>Sammi Callaghan</i>	8:15-9:15 MS ◆ Vinyasa Yoga <i>Sammi Callaghan</i>	9:45-10:30 CS ◆ Cycle Beats <i>Andrea Rubenstein</i>	9:45-10:30 CS ◆ Cycle Beats <i>Andrea Rubenstein</i>	10:00-10:45 MS ◆ Vinyasa Yoga <i>Todd Boergemann</i>	10:00-10:45 MS ◆ Vinyasa Yoga <i>Todd Boergemann</i>
8:15-9:15 YS ◆ EQX Barre Bum <i>Taylor Lane</i>	9:30-10:00 MS ◆ Cardio Sculpt <i>Emmanuella St. Juste</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	9:30-10:15 TR ◆ Elevate <i>Michael Wollpert</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	8:15-9:15 MS ◆ Cardio Dance <i>Lia Montelongo</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	9:15-10:00 MS ◆ Body Sculpt <i>Shana Peters</i>	9:15-10:00 MS ◆ Body Sculpt <i>Shana Peters</i>	9:45-10:30 CS ◆ Off The Barre <i>Lia Montelongo</i>	9:45-10:30 CS ◆ Off The Barre <i>Lia Montelongo</i>	10:15-11:15 YS ◆ Vinyasa Yoga <i>Todd Boergemann</i>	10:15-11:15 YS ◆ Vinyasa Yoga <i>Todd Boergemann</i>
9:15-10:00 MS ◆ Body Sculpt <i>Glenn Snellgrose</i>	9:30-10:15 TR ◆ Elevate <i>Michael Wollpert</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	9:30-10:15 TR ◆ Elevate <i>Michael Wollpert</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	9:15-10:00 MS ◆ Upper Body Conditioning + <i>Best Abs Ever Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:30-11:15 YS ◆ Pilates Fusion <i>Shana Peters</i>	10:30-11:15 YS ◆ Pilates Fusion <i>Shana Peters</i>	10:15-11:00 PD ◆ Aqua Sculpt <i>Karim Tonsy</i>	10:15-11:00 PD ◆ Aqua Sculpt <i>Karim Tonsy</i>	10:45-11:30 MS ◆ Stacked! <i>Michael Wollpert</i>	10:45-11:30 MS ◆ Stacked! <i>Michael Wollpert</i>
9:30-10:15 CS ◆ Cycle Beats <i>Joshua Grabowski</i>	10:30-11:15 PD ◆ Aqua Sculpt <i>Michael Wollpert</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	10:30-11:15 PD ◆ Aqua Sculpt <i>Michael Wollpert</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	10:30-11:15 PD ◆ Aqua Sculpt <i>Mary Lynn Cleary</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:45-11:30 MS ◆ EQX Barre Bum <i>Lia Montelongo</i>	10:45-11:30 MS ◆ EQX Barre Bum <i>Lia Montelongo</i>	10:45-11:30 PD ◆ Best Butt Ever <i>Andrea Rubenstein</i>	10:45-11:30 PD ◆ Best Butt Ever <i>Andrea Rubenstein</i>	11:00-11:45 MS ◆ METCON3 <i>Andrea Rubenstein</i>	11:00-11:45 MS ◆ METCON3 <i>Andrea Rubenstein</i>
10:30-11:15 YS ◆ Pilates Fusion <i>Karim Tonsy</i>	10:45-11:45 YS ◆ Regeneration Yoga <i>Alison Riazzi</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	10:45-11:45 YS ◆ Regeneration Yoga <i>Alison Riazzi</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	10:45-11:30 YS ◆ EQX Barre Bum <i>Lia Montelongo</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	11:00-11:45 MS ◆ Yoga Essentials <i>Anita March</i>	11:00-11:45 MS ◆ Yoga Essentials <i>Anita March</i>	11:00-12:00 YS ◆ Regeneration Yoga <i>Christy Pemrick</i>	11:00-12:00 YS ◆ Regeneration Yoga <i>Christy Pemrick</i>	11:15-12:00 TR ◆ Precision Run® <i>Emmanuella St. Juste</i>	11:15-12:00 TR ◆ Precision Run® <i>Emmanuella St. Juste</i>
10:45-11:30 MS ◆ Stacked! <i>Michael Wollpert</i>	11:00-11:45 MS ◆ METCON3 <i>Andrea Rubenstein</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	11:00-11:45 MS ◆ METCON3 <i>Andrea Rubenstein</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	11:00-11:45 MS ◆ Ropes and Rowers <i>Andrea Rubenstein</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	12:00-12:45 MS ◆ THE CUT <i>Devin Buchanan</i>	12:00-12:45 MS ◆ THE CUT <i>Devin Buchanan</i>	11:45-12:30 MS ◆ Athletic Conditioning <i>Trevor Wasserzieher</i>	11:45-12:30 MS ◆ Athletic Conditioning <i>Trevor Wasserzieher</i>	11:45-12:45 YS ◆ Restorative Yoga <i>Allison English</i>	11:45-12:45 YS ◆ Restorative Yoga <i>Allison English</i>
12:00-12:45 MS ◆ Boxing <i>Katie Schneider</i>	12:00-12:45 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	12:00-12:45 MS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:00-12:45 MS ◆ Yoga Essentials <i>Anita March</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	12:15-1:00 YS ◆ Yoga Essentials <i>Anita March</i>	12:15-1:00 YS ◆ Yoga Essentials <i>Anita March</i>	11:45-12:30 MS ◆ THE CUT <i>Devin Buchanan</i>	11:45-12:30 MS ◆ THE CUT <i>Devin Buchanan</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>
12:15-1:00 CS ◆ Cycle Power <i>Michael Wollpert</i>	12:15-1:00 MS ◆ Upper Body Conditioning + <i>Best Abs Ever Julie Bellis</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	12:15-1:00 MS ◆ Upper Body Conditioning + <i>Best Abs Ever Julie Bellis</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Pilates Fusion <i>Bonnie Bushnell</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	4:00-4:45 YS ◆ Off The Barre <i>Glenn Snellgrose</i>	4:00-4:45 YS ◆ Off The Barre <i>Glenn Snellgrose</i>	11:45-12:30 MS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	11:45-12:30 MS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>
4:00-5:00 YS ◆ EQX Barre Bum <i>Bonnie Bushnell</i>	5:00-5:45 MS ◆ Master of One <i>Lea Tallia</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	5:00-5:45 MS ◆ Master of One <i>Lea Tallia</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Tabata Max <i>Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	5:00-5:45 MS ◆ METCON3 <i>Michael Wollpert</i>	5:00-5:45 MS ◆ METCON3 <i>Michael Wollpert</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>
5:00-5:45 CS ◆ Cycle Power <i>Joseph Destino</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Julia Atkin</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Julia Atkin</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Tabata Max <i>Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	5:30-6:30 YS ◆ Gentle Yoga + <i>Meditation Christy Pemrick</i>	5:30-6:30 YS ◆ Gentle Yoga + <i>Meditation Christy Pemrick</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>
5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	5:30-6:15 CS ◆ Cycle Beats <i>Taylor Dabbah</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	5:30-6:15 CS ◆ Cycle Beats <i>Taylor Dabbah</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Tabata Max <i>Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>
5:15-6:00 TR ◆ Precision Run® <i>Devin Buchanan</i>	6:00-6:45 MS ◆ Kettlebell Power <i>Lea Tallia</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	6:00-6:45 MS ◆ Kettlebell Power <i>Lea Tallia</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Tabata Max <i>Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>
5:30-6:30 YS ◆ Vinyasa Yoga <i>Todd Boergemann</i>	6:00-6:45 MS ◆ Aqua Sculpt <i>Hanna Hunstad (IL)</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	6:00-6:45 MS ◆ Aqua Sculpt <i>Hanna Hunstad (IL)</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Tabata Max <i>Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>
6:15-7:00 MS ◆ THE CUT <i>Devin Buchanan</i>	6:30-7:30 YS ◆ Restorative Yoga <i>Woni Lang</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	6:30-7:30 YS ◆ Restorative Yoga <i>Woni Lang</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Tabata Max <i>Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>
6:30-7:15 CS ◆ Cycle Beats <i>Barb Fellars</i>	7:00-7:45 MS ◆ Cardio Dance <i>Daniel Hurst</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>	7:00-7:45 MS ◆ Cardio Dance <i>Daniel Hurst</i>	7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Tabata Max <i>Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>
6:45-7:30 YS ◆ Gentle Yoga + <i>Meditation Todd Boergemann</i>		6:30-7:20 CS ◆ The Pursuit: Build <i>Scott Wiley</i>		7:15-8:00 MS ◆ Tabata Max <i>Katie Schneider</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Tabata Max <i>Jack Halbert</i>	6:30-7:15 MS ◆ Tabata Max <i>Stephan Kunca</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	6:00-6:45 MS ◆ Off The Barre <i>Daniel Hurst</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Andrea Rubenstein</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>	4:00-5:00 YS ◆ EQX Barre Bum <i>Daniel Hurst</i>

GOLD COAST

900 NORTH MICHIGAN
CHICAGO IL 60611
EQUINOX.COM
@EQUINOX

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

GROUP FITNESS MANAGER

emmanuella.stjustehill@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
PD	Pool Deck
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.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

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.

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.

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.

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.

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.

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

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.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

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.

POOL

AQUA SCULPT A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints.

SWIM TEAM Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form.

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.

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.

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.

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.

METCON3 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.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox exclusive.