

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:30-7:15 MS ◆	Tabata Max <i>Jordan Tallman</i>	6:30-7:15 MS ◆	Athletic Conditioning <i>Shana Peters</i>	6:30-7:15 MS ◆	Ropes and Rowers <i>Jim Jalove</i>	6:30-7:15 MS ◆	Stacked! <i>Emmanuella St. Juste</i>	6:30-7:15 MS ◆	METCON3 <i>Daniel Hurst</i>
7:30-8:15 MS ◆	Vinyasa Yoga <i>Jordan Tallman</i>	12:00-12:45 CS ◆	Cycle Beats <i>Michael Wollpert</i>	7:30-8:15 MS ◆	Athletic Yoga <i>Christy Pemrick</i>	12:00-12:45 CS ◆	Cycle Power <i>Trevor Wasserzieher</i>	11:00-11:45 MS ◆	Stacked! <i>Julie Valenti</i>
11:30-12:15 MS ◆	METCON3 <i>Lea Tallia</i>	12:30-1:15 MS ◆	Tabata Max + Best Abs Ever <i>Shana Peters</i>	11:30-12:15 MS ◆	Athletic Conditioning <i>Francesca Rollo</i>	12:30-1:15 MS ◆	STRONG <i>Emmanuella St. Juste</i>	12:00-12:50 MS ◆	Vinyasa Yoga <i>Sammi Callaghan</i>
12:15-1:00 TR ◆	Precision Run® <i>Meagan Delatte</i>	5:00-5:45 MS ◆	STRONG <i>Emmanuella St. Juste</i>	12:15-1:00 TR ◆	Precision Run® <i>Jim Jalove</i>	5:00-5:45 MS ◆	Tabata Max <i>Christy Pemrick</i>	5:00-5:45 MS ◆	Athletic Conditioning <i>Jordan Tallman</i>
5:00-5:45 MS ◆	Stacked! <i>Katie Schneider</i>	6:00-6:45 MS ◆	Vinyasa Yoga + Meditation <i>Sammi Callaghan</i>	5:00-5:45 MS ◆	METCON3 <i>Katie Schneider</i>	6:00-6:45 MS ◆	Regeneration Yoga <i>Christy Pemrick</i>		
5:30-6:15 TR ◆	Precision Run® <i>Michael Wollpert</i>			5:30-6:15 CS ◆	Cycle Power <i>Michael Wollpert</i>				

THE LOOP

200 WEST MONROE STREET
CHICAGO IL 60606
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 8:00PM

FRI: 5:00AM - 7:00PM

GROUP FITNESS MANAGER

emmanuella.stjuste-hill@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
TR	Treadmill Area
CS	Cycling Studio

CYCLING

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

PRECISION RUNS 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.

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

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.

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.

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.

TABATA MAX + BEST ABS EVER A challenging mash-up of Equinox classics. Tabata is the HIIT workout protocol where your rest is always shorter than your work and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

WHAT'S NEW THIS MONTH
