

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆ Stacked! <i>Jack Halbert</i>	6:00-6:45 MS ◆ METCON3 <i>Haley Gunst</i>	6:00-6:45 MS ◆ Stacked! <i>Jack Halbert</i>	6:15-7:00 CS ◆ ANTHEM™ <i>Meagan Delatte</i>	6:00-6:45 YS ◆ Barre <i>Angela Di Francesco</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Meg Tumure</i>	6:15-7:00 MS ◆ STRONG <i>Devin Buchanan</i>	6:15-7:00 CS ◆ Cycle Power <i>Michael Wollpert</i>	6:15-7:00 MS ◆ Tabata Max <i>Eleonora Davidkova</i>	7:00-7:45 YS ◆ Pilates Fusion <i>Gina Ianni</i>	8:00-8:45 CL ◆ Equinox Run Club <i>Tammy Whyte</i>	9:00-9:45 YS ◆ Barre <i>Lia Montelongo</i>	9:00-9:45 YS ◆ Vinyasa Yoga + Meditation <i>Christy Pennick</i>	9:00-9:45 MS ◆ Athletic Conditioning <i>Stephan Kunca</i>
6:30-7:15 CS ◆ Cycle Beats <i>Shana Peters</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>April Falcon</i>	6:30-7:15 CS ◆ Cycle Beats <i>Kristen Rheam</i>	7:00-7:45 MS ◆ Stacked! + Best Abs Ever <i>Jack Halbert</i>	6:30-7:15 CS ◆ Cycle Beats <i>Kristen Rheam</i>	6:30-7:15 TR ◆ Precision Run® <i>Tammy Whyte</i>	7:00-7:45 YS ◆ Pilates Fusion <i>Gina Ianni</i>	6:45-7:45 YS ◆ Athletic Yoga <i>April Falcon</i>	7:15-8:00 CS ◆ ANTHEM™ <i>Marquis Johnson</i>	7:15-8:00 MS ◆ Athletic Conditioning <i>Katie Schneider</i>	9:00-9:45 CL ◆ Athletic Conditioning - Outdoors <i>Jack Halbert</i>	9:30-10:15 MS ◆ Cycle Power <i>Marquis Johnson</i>	10:00-11:00 YS ◆ Athletic Yoga <i>Emily Meyers</i>	10:15-11:00 MS ◆ Tabata Max <i>Stephan Kunca</i>
7:00-7:45 YS ◆ Barre <i>Daniel Hurst</i>	7:00-7:45 MS ◆ Stacked! + Best Abs Ever <i>Jack Halbert</i>	7:30-8:15 MS ◆ Cycle Power <i>Trevor Wasserzieher</i>	7:30-8:15 CS ◆ Wasserzieher <i>Wasserzieher</i>	7:30-8:20 MS ◆ Rounds <i>Devin Buchanan</i>	7:30-8:15 TR ◆ Precision Run® <i>Michael Wollpert</i>	7:00-7:45 YS ◆ Pilates Fusion <i>Gina Ianni</i>	7:00-7:45 MS ◆ Tabata Max <i>Meg Tumure</i>	7:15-8:00 CS ◆ ANTHEM™ <i>Marquis Johnson</i>	7:45-8:30 TR ◆ Precision Run® <i>Tammy Whyte</i>	9:00-9:45 YS ◆ Barre <i>Cassie Liveris</i>	10:00-10:15 MS ◆ METCON3 <i>Julie Bellis</i>	10:15-11:00 MS ◆ Athletic Yoga <i>Emily Meyers</i>	11:00-11:45 CS ◆ ANTHEM™ <i>Marquis Johnson</i>
7:15-8:00 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Jack Halbert</i>	7:30-8:15 CS ◆ Cycle Power <i>Trevor Wasserzieher</i>	7:30-8:15 TR ◆ Precision Run® <i>Tammy Whyte</i>	8:00-8:45 YS ◆ Barre <i>Taylor Lane</i>	7:30-8:15 TR ◆ Elevate <i>Kristen Rheam</i>	7:45-8:30 CS ◆ Cycle Beats <i>Trevor Wasserzieher</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Glenn Snellgrose</i>	7:45-8:30 CS ◆ Cycle Beats <i>Trevor Wasserzieher</i>	9:00-10:15 MS ◆ Boxing <i>Katie Schneider</i>	9:00-9:45 YS ◆ Barre <i>Cassie Liveris</i>	10:00-10:45 TR ◆ Precision Run® <i>Michael Wollpert</i>	10:30-11:15 MS ◆ THE CUT <i>Julie Bellis</i>	11:00-11:45 CS ◆ ANTHEM™ <i>Marquis Johnson</i>	11:30-12:15 YS ◆ Barre <i>Lia Montelongo</i>
7:30-8:15 TR ◆ Elevate <i>Kristen Rheam</i>	8:00-8:45 YS ◆ Barre <i>Taylor Lane</i>	8:00-8:45 YS ◆ Barre <i>Taylor Lane</i>	9:15-10:00 MS ◆ STRONG <i>Devin Buchanan</i>	8:00-8:45 CS ◆ ANTHEM™ <i>Glenn Snellgrose</i>	8:00-8:45 YS ◆ Barre <i>Jill Sellers</i>	9:00-10:00 YS ◆ Yoga Strong <i>Christy Pennick</i>	8:00-8:45 YS ◆ Barre <i>Jill Sellers</i>	11:45-12:30 CS ◆ Cycle Beats <i>Meagan Delatte</i>	9:30-10:15 MS ◆ Boxing <i>Katie Schneider</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	12:00-11:00 MS ◆ Athletic Conditioning <i>Stephan Kunca</i>	12:30-1:15 MS ◆ THE CUT <i>Julie Bellis</i>
9:00-10:00 YS ◆ Vinyasa Yoga + Meditation <i>Sammie Callaghan</i>	9:15-10:00 MS ◆ STRONG <i>Devin Buchanan</i>	9:15-10:00 MS ◆ STRONG <i>Devin Buchanan</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Lia Montelongo</i>	9:30-10:15 MS ◆ Stacked! + Best Abs Ever <i>Katie Schneider</i>	9:15-10:00 MS ◆ Tabata Max <i>Francesca Rollo</i>	9:30-10:15 MS ◆ Stacked! + Best Abs Ever <i>Katie Schneider</i>	9:15-10:00 MS ◆ Tabata Max <i>Francesca Rollo</i>	12:15-1:00 YS ◆ Barre <i>Trista Greco</i>	9:30-10:15 MS ◆ METCON3 <i>Jack Halbert</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	11:15-12:15 MS ◆ Trilogy Barre <i>Daniel Hurst</i>	12:30-1:15 MS ◆ THE CUT <i>Julie Bellis</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
9:30-10:15 MS ◆ METCON3 <i>Jack Halbert</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Lia Montelongo</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	12:15-1:00 MS ◆ METCON3 <i>Devin Buchanan</i>	9:30-10:15 MS ◆ Stacked! + Best Abs Ever <i>Katie Schneider</i>	12:00-1:00 YS ◆ Vinyasa Yoga + Meditation <i>Allison English</i>	12:00-1:00 YS ◆ Stacked! + Best Abs Ever <i>Katie Schneider</i>	12:00-1:00 YS ◆ Vinyasa Yoga + Meditation <i>Allison English</i>	12:30-1:15 MS ◆ Cardio Sculpt + Best Abs Ever <i>Jill Sellers</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:30-11:15 MS ◆ THE CUT <i>Julie Bellis</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
11:45-12:30 CS ◆ ANTHEM™ <i>Glenn Snellgrose</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Lia Montelongo</i>	12:15-1:00 TR ◆ Precision Run® <i>Meagan Delatte</i>	12:30-1:15 MS ◆ Cycle Beats <i>Joshua Grabowski</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	12:15-1:00 MS ◆ Stacked! <i>Julie Valenti</i>	12:15-1:00 YS ◆ Barre <i>Jack Halbert</i>	12:15-1:00 MS ◆ Stacked! <i>Julie Valenti</i>	12:30-1:15 MS ◆ Cardio Sculpt + Best Abs Ever <i>Jill Sellers</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
12:15-1:00 YS ◆ Pilates Fusion <i>Bonnie Bushnell</i>	12:15-1:00 MS ◆ METCON3 <i>Devin Buchanan</i>	12:15-1:00 MS ◆ METCON3 <i>Devin Buchanan</i>	12:30-1:15 CS ◆ Cycle Beats <i>Joshua Grabowski</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	12:30-1:15 CS ◆ ANTHEM™ <i>Christina Chu</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	12:30-1:15 CS ◆ ANTHEM™ <i>Christina Chu</i>	12:30-1:15 MS ◆ Cardio Sculpt + Best Abs Ever <i>Jill Sellers</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
12:30-1:15 MS ◆ THE CUT <i>Julie Bellis</i>	12:30-1:15 CS ◆ Cycle Beats <i>Joshua Grabowski</i>	12:30-1:15 CS ◆ Cycle Beats <i>Joshua Grabowski</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ Cardio Sculpt + Best Abs Ever <i>Jill Sellers</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
4:15-5:00 YS ◆ Barre <i>Cassie Liveris</i>	4:30-5:30 YS ◆ Athletic Yoga <i>Woni Lang</i>	4:30-5:30 YS ◆ Athletic Yoga <i>Woni Lang</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Alison Riaz</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
4:45-5:30 MS ◆ Tabata Max + Best Abs Ever <i>Amanda Mirach</i>	5:00-5:45 MS ◆ Whipped! <i>Jack Halbert</i>	5:00-5:45 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
5:15-6:00 YS ◆ Barre <i>Glenn Snellgrose</i>	5:15-6:00 CS ◆ Cycle Power <i>Joshua Grabowski</i>	5:15-6:00 CS ◆ Cycle Power <i>Joshua Grabowski</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
5:30-6:15 CS ◆ ANTHEM™ <i>Kristen Rheam</i>	5:30-6:15 TR ◆ Precision Run® <i>Christina Rowland</i>	5:30-6:15 TR ◆ Precision Run® <i>Christina Rowland</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
5:45-6:30 MS ◆ STRONG <i>Julie Bellis</i>	5:45-6:30 YS ◆ Barre <i>Jill Sellers</i>	5:45-6:30 YS ◆ Barre <i>Jill Sellers</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
6:00-6:45 TR ◆ Precision Run® <i>Jess Mandac</i>	6:00-6:45 MS ◆ METCON3 <i>Ashley Robin</i>	6:00-6:45 MS ◆ METCON3 <i>Ashley Robin</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
6:30-7:15 CS ◆ Cycle Power <i>Scott Wiley</i>	6:30-7:15 CS ◆ Cycle Beats <i>Joshua Grabowski</i>	6:30-7:15 CS ◆ Cycle Beats <i>Joshua Grabowski</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
6:45-7:45 YS ◆ Vinyasa Yoga <i>Woni Lang</i>	6:45-7:45 YS ◆ Regeneration Yoga <i>April Falcon</i>	6:45-7:45 YS ◆ Regeneration Yoga <i>April Falcon</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
7:00-7:45 MS ◆ Boxing <i>Katie Schneider</i>	7:15-8:00 MS ◆ TRX Max <i>Shana Peters</i>	7:15-8:00 MS ◆ TRX Max <i>Shana Peters</i>	4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
			4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
			4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
			4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
			4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
			4:30-5:30 MS ◆ STRONG <i>Julie Bellis</i>	11:45-12:30 TR ◆ Precision Run® <i>Meagan Delatte</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	12:30-1:15 MS ◆ STRONG <i>Julie Bellis</i>	4:15-5:15 YS ◆ Athletic Yoga <i>Lia Montelongo</i>	5:00-5:45 MS ◆ Tabata Max <i>Stephan Kunca</i>	10:00-10:45 YS ◆ Barre <i>Jack Halbert</i>	10:45-11:30 CS ◆ Cycle Power <i>Joshua Grabowski</i>	11:45-12:30 MS ◆ Whipped! <i>Jack Halbert</i>	4:30-5:30 YS ◆ Restorative Yoga <i>Todd Boergemann</i>	3:00-4:00 YS ◆ Regeneration Yoga <i>Robert Sanchez</i>
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LINCOLN COMMON

2355 NORTH LINCOLN AVENUE
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: 9:00AM - 2:00PM

GROUP FITNESS MANAGER

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
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area
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.

EQUINOX RUN CLUB An outdoor group running class for both the marathoner and the beginner. Improve your pace, form, and endurance alongside your Equinox running community. 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.

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.

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 + 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.

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.

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.

STACKED! + BEST ABS EVER A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

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.

TRILOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

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.

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.

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

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.

THE CUT - OUTDOORS 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

CARDIO SCULPT + BEST ABS EVER A combination of rhythmic sculpting and core conditioning. Build abdominal strength and endurance as you shape and define your entire body.