

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – MAY 2024

MONDAY

6:30AM-7:30AM

HIIT Pump

w/ Steph (Main Studio)

(starts May 6th)

8:45AM-9:45AM

Body Sculpt

w/ Carly (Main Studio/r)

9:30AM-10:30AM

**Pilates-In-Studio
(Intro/Refresher)**

w/ Angela (Pilates Studio/\$ limit: 3)

10:00AM-11:15AM

Slow Flow Yoga

w/ Amanda (Main Studio)

10:00AM-11:00AM

Cardio Tennis

w/ Toby (Tennis Courts)

12:30PM-1:30PM

AquaFit

w/ Annie (Indoor Pool)

5:45PM-6:45PM

Bootcamp

w/ Rahm (Functional Playground)

TUESDAY

6:30AM-7:15AM

Cycling: Conditioning Ride

w/ Maura (Cycling Studio/ limit 15)

7:30AM-8:30AM

Trapeze Yoga

w/ Erika (Main Studio/limit: 6)

8:30AM-9:30AM

**Pilates In Studio
(Interm./Adv.)**

w/ Angela (Pilates Studio/\$ limit: 3)

8:45AM-9:45AM

Barre

w/ Carly (Main Studio/r limit: 20)

10:00AM-11:00AM

AquaFit

w/ Kerry (Indoor Pool)

10:00AM-11:00AM

Mat Pilates

w/ Karen (Main Studio)

11:15AM-12:30PM

Kripalu Yoga

w/ Annie (Main Studio)

6:00PM-7:30PM

Cardio Tennis

w/ Toby (Tennis Courts)

WEDNESDAY

6:30AM-7:30AM

HIIT Pump

w/ Steph (Main Studio)

(starts May 8th)

7:30AM-8:15AM

Cycling: Classic Road

w/ Eric (Cycling Studio/ limit 15)

8:45AM-9:45AM

Power Flow

w/ Kelley (Main Studio)

10:00AM-11:15AM

Energy Medicine Yoga

w/ Amanda (Main Studio)

10:00AM-11:00AM

Cardio Tennis

w/ Toby (Tennis Courts)

12:00PM-12:45PM

Meditation Energy Boost

w/ Vin (Main Studio)

5:30PM-6:30PM

Trapeze Yoga

w/ Erika (Main Studio/limit: 6)

5:45PM-6:45PM

Power Hour

w/ Andrew (Functional Playground)

THURSDAY

6:30AM-7:15AM

Cycling: Conditioning Ride

w/ Maura (Cycling Studio/ limit 15)

7:30AM-8:30AM

Vinyasa Yoga

w/ Erika (Main Studio)

8:45AM-9:45AM

Barre

w/ Carly (Main Studio/r limit: 20)

10:00AM-11:00AM

Gentle Flow Yoga

w/ Shoshana (Main Studio)

12:00PM-1:00PM

PiYo

w/ Jody (Main Studio/r)

5:30PM-6:45PM

Yin Yoga

w/ Alyssa (Main Studio)

FRIDAY

7:30AM-8:15AM

Cycling: Classic Road

w/ Eric (Cycling Studio/ limit 15)

8:45AM-9:45AM

Body Sculpt

w/ Carly (Main Studio/r)

10:00AM-11:30AM

Flow & Restore Yoga

w/ Amanda (Main Studio)

12:30PM-1:30PM

AquaFit

w/ Kerry (Indoor Pool)

SATURDAY

10:00AM-10:45AM

Cycling: Conditioning Ride

w/ Carly (Cycling Studio/ limit 15)

11:00AM-12:00PM

Cardio Tennis

w/ Toby (Tennis Courts)

11:00AM-12:15PM

Yin Yoga

w/ Alyssa (Main Studio)

SUNDAY

8:30AM-9:30AM

Inferno Pilates

w/ Jimmy (Main Studio)

9:00AM-9:45AM

Cycling: Classic Road

w/ Eric (Cycling Studio/ limit 15)

10:00AM-11:15AM

Yin Yoga

w/ Alyssa (Main Studio)



Star indicates new class, new instructor, or time change (r) indicates class available remotely



ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	8:30AM-10:00AM Tennis Only Bookings Indoor Court #1&2	8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:30AM Tennis Only Bookings Indoor Court #1&2	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)	
10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)	
	6:00PM-7:30PM Cardio Tennis w/ Toby (limit 12)		4:30PM-6:00PM Thursday Night Round Robin w/Michael (limit 10)		12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)	
						No Classes

TENNIS CLASS & CLINIC DESCRIPTIONS

CARDIO TENNIS – 60 or 90 minutes – Limited to 12 participants - You know it and you love it! This high intensity session combines drills and games to provide an opportunity to develop skills and burn calories, all done to a heart-pounding, bass pumping playlist. (All levels)

DOUBLES PLAY – 60 minutes – Limited to 8 participants - All things doubles! We'll talk tactics, positioning, anticipating, and putting that ball away. We'll end every session with service game/match play. (NTRP 3.0+) Members: \$20; Non-members \$35

THURSDAY NIGHT ROUND ROBIN – 90 minutes – Limited to 10 participants - Come one, come all to our Thursday Night Round Robin, and enjoy casual doubles match play. Challenge your friends and the Tennis Pro-staff. Keep the trash talk coming as we laugh off our mistakes and celebrate our brilliant shots. A great time will be had by all.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES & CLINICS

Member registration through the Mindbody app. Guests may register by calling (802) 457-6656 or emailing us at athleticclub@woodstockinn.com.

GROUP EXERCISE SCHEDULE – MAY 2024

CLUB HOURS:

Monday-Friday 6AM-8PM; Saturday & Sunday 7AM-6PM;
Pool deck amenities close 15 minutes prior to the close of the Club

Open to the Public: Daily Guest Pass \$25; Weekly Guest Pass: \$75
Additional short and long-term membership information available upon request.

POP-UP CLASSES & EVENTS

Tension Releasing Exercises (TRE®) with Carolyn

Saturday, May 11, 9:30AM–10:30AM

Exercises to release stress and tension held deep in the muscles and connective tissue. This is a great post-workout recovery to calm your nervous system and allow your body to return to a balanced state.

Chair Yoga with Annie

Monday, May 13 and Monday, May 20

11:30AM-12:30PM

Chair yoga is a gentle form of yoga, perfect for beginners, using a chair as support for poses. It is also a beneficial practice for those at all levels, as it deepens flexibility, and strengthens your personal body awareness.

Mayfulness - Mindful Journaling with Richard

Saturday, May 18, 9:30AM - 10:30AM and

Monday, May 29, 5:30PM-6:30PM

10 minutes of journaling a day can improve your overall well-being by improving self-awareness, regulating emotions, increasing positive self-talk, reducing anxiety, and much more. We'll strategize how to add Mindful Journaling to your daily routine to make this part of your wellness journey!

Cardio TRE® with Carolyn

Monday, May 20, 5:30PM-6:45PM

Cardio plus TRE will calm your nervous system and release deep muscular patterns of stress and tension. Used by Navy SEALs, first responders, and people all over to improve athletic recovery, mobility, and sleep, and decrease chronic pain and stress. Let your body lead and set your own pace.

NEW CLASSES & CLASS CHANGES

Kelley is teaching **Power Flow** a fun, high-energy yoga class on **Wednesday mornings**, from **8:45am – 9:45am**. Her Motivation Yoga on Mondays is removed from the schedule.

New **Indoor Cycling** classes with Maura on **Tuesday and Thursday mornings** at **6:30am – 7:15am**.

Introducing a new instructor and new class: **HIIT Pump** with Stephanie on Monday and Wednesday mornings at 6:30am – 7:30am! (**starts Monday, May 6th**).

Rahm's **Boot Camp** on **Monday evenings**, is changing start time to **5:45pm**.