

FITNESS & YOGA CLASS SCHEDULE – APRIL 2021

Email athleticclub@woodstockinn.com or call (802) 457-6656 to pre-register (required) and for virtual class Zoom links

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00am BARRE <i>in person & virtual</i> with Carly (60 min) Free for members Non-members virtual \$10 Non-members in person \$15</p> <p>9:15am BODY SCULPT <i>in person & virtual</i> with Carly (60 min) Free for members Non-members virtual \$10 Non-members in person \$15</p> <p>10:30am SLOW FLOW YOGA <i>in person & virtual</i> with Amanda (60 min) Free for members Non-members virtual \$10 Non-members in person \$15 Masks required</p> <p>5:00pm BODYWEIGHT BOOTCAMP <i>in person & virtual</i> with Andrew (60 min) Free for members Non-members virtual \$10 Non-members in person \$15</p>	<p>7:00am MORNING STRETCHING FOR SUCCESS <i>in person & virtual</i> with Andrew (30 min) Free for members Non-members virtual \$10 Non-members in person \$15</p> <p>8:30am PILATES ESSENTIALS IN STUDIO <i>in person only – limit 3 participants</i> with Angela (60 min) Members \$20 Non-members \$30 Masks required</p> <p>5:00pm BARRE <i>in person & virtual</i> with Carly (60 min) Free for members Non-members virtual \$10 Non-members in person \$15 <i>(this class is live, but is a repeat of the Monday morning Barre class)</i></p>	<p>8:00am BARRE <i>in person & virtual</i> with Carly (60 min) Free for members Non-members virtual \$10 Non-members in person \$15</p> <p>9:15am BODY SCULPT <i>in person & virtual</i> with Carly (60 min) Free for members Non-members virtual \$10 Non-members in person \$15</p> <p>10:30am FLOW YOGA <i>in person & virtual</i> with Amanda (60 min) Free for members Non-members virtual \$10 Non-members in person \$15 Masks required</p> <p>5:00pm BODYWEIGHT BOOTCAMP <i>in person & virtual</i> with Andrew (60 min) Free for members Non-members virtual \$10 Non-members in person \$15</p>	<p>7:00am MORNING STRETCHING FOR SUCCESS <i>in person & virtual</i> with Andrew (30 min) Free for members Non-members virtual \$10 Non-members in person \$15</p> <p>9:00am YOGA & MEDITATION FOR STRESS MANAGEMENT <i>virtual only</i> with Shoshana (60 min) Free for members Non-members virtual \$10</p> <p>5:00pm BARRE <i>in person & virtual</i> with Carly (60 min) Free for members Non-members virtual \$10 Non-members in person \$15 <i>(this class is live, but is a repeat of the Wednesday morning Barre class)</i> * <u>No class April 15th</u></p>	<p>8:30am PILATES ESSENTIALS IN STUDIO <i>in person only – limit 3 participants</i> with Angela (60 min) Members \$20 Non-members \$30 Masks required * <u>No class April 2nd or April 9th</u></p> <p>9:15am BODY SCULPT <i>in person & virtual</i> with Carly (60 min) Free for members Non-members virtual \$10 Non-members in person \$15 * <u>No class April 16th</u></p> <p>10:30am FLOW & RESTORE YOGA <i>in person & virtual</i> with Amanda (75 min) Free for members Non-members virtual \$10 Non-members in person \$20 Masks required</p>	<p>9:30am INDOOR CYCLING <i>virtual only</i> with Carly (45 min) Free for members Non-members virtual \$10 * <u>No class April 17th</u></p> <p>10:00am FIT FOR LIFE – MUD VERSION <i>in person only</i> with Andrew (60 min) Check-in at the club desk! Free for members Non-members \$15</p>

PRE-REGISTRATION REQUIRED - IN-PERSON CLASSES ARE LIMITED TO 3 - 6 PARTICIPANTS

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BARRE with Carly – 60 min

Barre classes blend movements from ballet, Pilates, and yoga, using a ballet bar as the primary piece of equipment. For virtual classes, we recommend using a chair pushed against a stable surface, so you can use the back of it as your 'bar'. You will also do some exercises on a mat, and if you have light hand weights, they are a great addition! This is a low-impact workout, with high repetitions, aimed at increasing endurance, flexibility, and posture. **IN PERSON & VIRTUAL No class April 15th**

BODY SCULPT with Carly – 60 min

This class keeps you guessing! Each class has a mix of circuits of strength training, HIIT cardio, Barre-inspired sculpting, & core work — using equipment if you have it (sliders and dumbbells are ideal!), or your own body weight. Modifications offered for every level. **IN PERSON & VIRTUAL No class April 16th**

INDOOR CYCLING with Carly – 45 min

For those of you with spin bikes at home, drop in on a virtual indoor cycling class! Classes include hill climbs and repeats, speed intervals, Tabata speedwork, and long climbs. You will finish sweaty, smiling, and excited for your next workout! **IN PERSON & VIRTUAL No class April 17th**

BODYWEIGHT BOOTCAMP with Andrew – 60 min

Focused on building strength and delivering a total body workout. This class includes a dynamic warm-up, core strength circuit, upper and lower body exercises, and a stretching series at the end. Modifications and progressions offered for all levels. **IN PERSON & VIRTUAL**

MORNING STRETCHING FOR SUCCESS with Andrew – 30 min

Enjoy the active recovery of a 30-minute stretching class to start your day off. Gentle movement, followed by a full body stretch, this short class works on mobility, flexibility, and elongating your muscles. **IN PERSON & VIRTUAL**

FIT FOR LIFE – MUD VERSION with Andrew – 60 min

Come experience the Knox Meadow Fitness Loop, for some muddy fitness fun! The Loop comprises 10 established fitness stations over a flat half-mile course on beautiful Mt Peg. You'll get a core, upper, and lower body workout, with brisk walking or jogging between stations to improve heart health. This is the ultimate Vermont outdoor workout! Accessible for all fitness levels. Check in at the club desk and the class will head out to the Loop together! **IN PERSON ONLY**

PILATES ESSENTIALS – IN STUDIO* with Angela – 60 min *Additional Fee

If you are new to Pilates, come learn the basics in the Essentials classes. Enjoy using the Pilates studio while you lengthen and strengthen muscles like you've never experienced before. 3 participants max. *\$20 for members, \$30 non-members. **IN PERSON ONLY– MASKS REQUIRED No class April 2nd or April 9th**

FLOW YOGA with Amanda – 60 min

An all-level class stringing postures together so that you move from one to another, seamlessly, using breath. **IN PERSON & VIRTUAL – MASKS REQUIRED**

FLOW & RESTORE YOGA with Amanda – 75 min

Incorporating pranayama, meditation, and flowing movement with longer holds. Warming the body with flowing yoga sequences and then using the heat built to relax and restore the body and mind into supportive restorative poses. **IN PERSON & VIRTUAL – MASKS REQUIRED**

SLOW FLOW YOGA with Amanda – 60 min

A gentle class that flows with breath from one pose to the next. Longer holds in between transitions let you feel into poses with each breath and focus on alignment. **IN PERSON & VIRTUAL – MASKS REQUIRED**

YOGA & MEDITATION FOR STRESS MANAGEMENT with Shoshana – 60 min

Classes include meditation to promote quiet & contemplation, breathing & chanting to balance the nervous system & flowing asana sequences that gently energize the body. Focused on relieving stress & rejuvenating body & mind. **VIRTUAL ONLY**

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