

FITNESS & YOGA CLASS SCHEDULE – MAY 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>7:00am MORNING STRETCHING FOR SUCCESS <i>in person & virtual</i> with Andrew (30 min) Non-members virtual \$10 Non-members in person \$15</p> <p>8:45am BODY SCULPT <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15</p> <p>10:00am SLOW FLOW YOGA <i>in person & virtual</i> with Amanda (75 min) Non-members virtual \$10 Non-members in person \$20 Masks required</p> <p>5:30pm BODYWEIGHT BOOTCAMP <i>in person & virtual</i> with Andrew (60 min) Non-members virtual \$10 Non-members in person \$15</p>	<p>8:45am BARRE <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15</p> <p>8:30am PILATES IN STUDIO <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members \$30 Masks required</p> <p>5:30pm BARRE <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 (this class is live, but is a repeat of the morning Barre class routine)</p>	<p>7:00am MORNING STRETCHING FOR SUCCESS <i>in person & virtual</i> with Andrew (30 min) Non-members virtual \$10 Non-members in person \$15</p> <p>8:45am PILATES IN STUDIO <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members \$30 Masks required</p> <p>8:45am BODY SCULPT <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15</p> <p>10:00am FLOW YOGA <i>in person & virtual</i> with Amanda (60 min) Non-members virtual \$10 Non-members in person \$15 Masks required</p> <p>5:30pm BODYWEIGHT BOOTCAMP <i>in person & virtual</i> with Andrew (60 min) Non-members virtual \$10 Non-members in person \$15</p>	<p>8:45am BARRE <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 Beginning May 13th</p> <p>5:30pm FIT FOR LIFE <i>in person only</i> with Andrew (60 min) Check-in at the club desk! Non-members \$15</p> <p>5:30pm BARRE <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 (this class is live, but is a repeat of the morning Barre class routine)</p>	<p>7:00am MORNING STRETCHING FOR SUCCESS <i>in person & virtual</i> with Andrew (30 min) Non-members virtual \$10 Non-members in person \$15</p> <p>8:30am PILATES IN STUDIO <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members \$30 Masks required No class May 28th</p> <p>8:45am BODY SCULPT <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15</p> <p>10:00am FLOW & RESTORE YOGA <i>in person & virtual</i> with Amanda (90 min) Non-members virtual \$10 Non-members in person \$25 Masks required</p>	<p>10:00am FIT FOR LIFE <i>In person only</i> with Andrew (60 min) Check-in at the club desk! Non-members \$15</p>

PRE-REGISTRATION REQUIRED - IN-PERSON CLASSES ARE LIMITED TO 3 - 8 PARTICIPANTS

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BARRE with Carly – 60 min – Limited to 6 in-person participants

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 will need light hand weights – 1, 2, or 3lb recommended. This is a low-impact workout, with high repetitions, aimed at increasing endurance, flexibility, and posture.

IN PERSON & VIRTUAL *Thursday morning classes begin May 13th*

BODY SCULPT with Carly – 60 min – Limited to 8 in-person participants

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**

BODYWEIGHT BOOTCAMP with Andrew – 60 min – Limited to 8 in-person participants

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 – Limited to 8 in-person participants

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 with Andrew – 60 min – Limited to 8 participants

Come experience the Knox Meadow Fitness Loop, for some 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 IN STUDIO* with Angela – 60 min *Additional Fee – Limited to 3 participants

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 Friday May 28th*

SLOW FLOW YOGA with Amanda – 75 min – Limited to 8 in-person participants

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**

FLOW YOGA with Amanda – 60 min – Limited to 8 in-person participants

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 – 90 min – Limited to 8 in-person participants

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**

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