

WOODSTOCK ATHLETIC CLUB CLASS SCHEDULE – JULY 2021

Email athleticclub@woodstockinn.com, sign up on the [Mindbody app](#), or call (802) 457-6656 to pre-register (required) and for virtual Zoom links

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 No class 7/26</p> <p>12:30pm AQUA FIT <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15</p> <p>5:30pm BODYWEIGHT BOOTCAMP <i>in person & virtual</i> with Andrew Stowe (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</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>10:00am MAT PILATES <i>in person only</i> with Karen (60 min) Non-members \$15</p>	<p>8:30am PILATES IN STUDIO <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members \$30</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 No class 7/28</p> <p>12:30pm AQUA FIT <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15</p> <p>5:45pm POWER HOUR <i>in person only</i> with Andrew Neff (60 min) Non-members \$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</p> <p>8:45am BODY SCULPT <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 No class 7/23</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 No class 7/30</p>	<p>9:00am AQUA FIT <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15</p> <p>10:00am CARDIO TENNIS <i>In person only</i> with Toby (60 min) Members \$20 Non-members \$25 <i>See the tennis schedule for weekly tennis clinics!</i></p> <p>10:30am FIT FOR LIFE <i>In person only</i> with Andrew Stowe (60 min) <i>Check-in at the club desk!</i> Non-members \$15</p>

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FITNESS	YOGA & PILATES
<p>AQUA FIT with Andrew Stowe – 60 min Enjoy strength and toning exercises with moderate-intensity aerobics using the natural resistance of the water and “water weights.” An excellent, and safe cardiovascular workout which increases strength, endurance, and range of motion. One lap lane only will be open during aqua aerobics. IN PERSON ONLY</p> <p>BARRE with Carly – 60 min – Limited to 8 participants 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 need a mat and 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</p> <p>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, and 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</p> <p>BODYWEIGHT BOOTCAMP with Andrew Stowe – 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</p> <p>FIT FOR LIFE with Andrew Stowe – 60 min Come experience the Knox Meadow Fitness Loop, 10 fitness stations over a flat half-mile course on beautiful Mt Peg. You’ll get a full- body workout, with walking or jogging between stations. 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</p> <p>POWER HOUR with Andrew Neff – 60 min A full-body strength and conditioning class, using a variety of equipment inside, or outdoors when the weather is warm! You won’t get bored, but you <i>will</i> start to see results in muscle tone and definition! Modifications and progressions are available for every exercise. IN PERSON ONLY</p>	<p>MAT PILATES with Karen – 60 min This mat-work Pilates class follows the classical routine with instruction and hands-on help for alignment and understanding of the movement. The class incorporates strength, stretch, and stability, and modifies for your needs. IN PERSON ONLY</p> <p>PILATES IN STUDIO* with Angela – 60 min– 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 - *Additional Fee: Members \$20; Non-members \$30</p> <p>SLOW FLOW YOGA with Amanda – 75 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, with a focus on alignment. IN PERSON & VIRTUAL</p> <p>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</p> <p>FLOW & RESTORE YOGA with Amanda – 90 min Incorporating pranayama, meditation, and flowing movement with longer holds. Warming the body with flowing yoga sequences, and using the heat built to relax and restore the body and mind into supportive restorative poses. IN PERSON & VIRTUAL</p>
	<h2>TENNIS</h2>
	<p>CARDIO TENNIS with Toby – 60 minutes – Limited to 8 in-person participants You know it and you love it! This high intensity session combines drills and games to provide an opportunity to develop skills, and also burn calories, all done to a heart-pounding, bass pumping playlist. (All levels) Members: \$20; Non-members \$25. Limited to 8 participants. See the tennis schedule for weekly tennis clinics!</p>

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