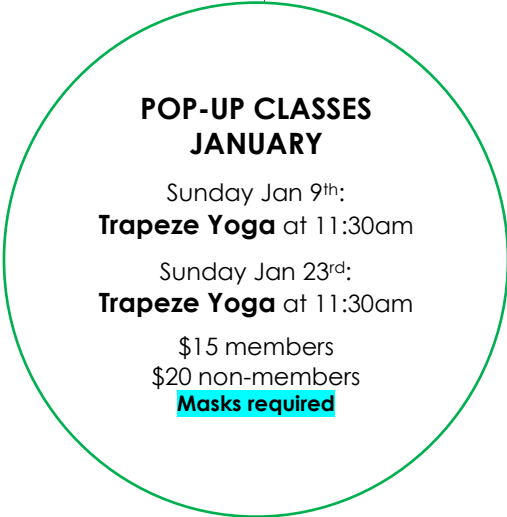


WOODSTOCK ATHLETIC CLUB CLASS SCHEDULE – JANUARY 2022

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	Sunday
<p>8:30am PILATES IN STUDIO <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members virtual \$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 No masks – limit 6</p> <p>10:00am SLOW FLOW YOGA <i>in person only</i> with Amanda (75 min) Non-members \$20 No masks – limit 6</p> <p>12:30pm AQUA FIT <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15 No masks – limit 6</p> <p>5:30pm YOGA FOR FLEXIBILITY <i>in person & virtual</i> with Erika (60 min) Non-members \$15 Masks required</p> <p>5:30pm BODYWEIGHT BOOTCAMP <i>in person only</i> with Andrew Stowe (60 min) Non-members in person \$15 Masks required</p>	<p>7:30am VINYASA <i>in person & virtual</i> with Erika (60 min) Non-members \$15 Masks required</p> <p>8:30am PILATES IN STUDIO <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members virtual \$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 No masks – limit 6</p> <p>8:45am BARRE <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 Masks required</p> <p>10:00am BARRE <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 Masks required</p> <p>10:00am MAT PILATES <i>in person only</i> with Karen (60 min) Non-members \$15 Masks required</p> <p>5:30pm YIN YOGA <i>in person only</i> with Alyssa (75 min) Non-members \$20 Masks required</p>	<p>8:30am PILATES IN STUDIO <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members virtual \$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 No masks – limit 6</p> <p>10:00am FLOW YOGA <i>in person only</i> with Amanda (60 min) Non-members \$15 No masks – limit 6</p> <p>12:30pm AQUA FIT <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15 No masks – limit 6</p> <p>5:30pm POWER HOUR <i>in person only</i> with Andrew Neff (60 min) Non-members \$15 No masks – limit 6</p>	<p>7:30am TRAPEZE YOGA <i>in person only</i> with Erika (60 min) Members \$15 Non-members \$20 Masks required</p> <p>8:45am BARRE <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 Masks required</p> <p>10:30am GENTLE FLOW YOGA <i>in person only</i> with Shoshana (60 min) Non-members \$15 Masks required</p> <p>12:00pm PIYO <i>in person & virtual</i> with Jody (60 min) Non-members \$15 No masks – limit 6</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>8:45am BODY SCULPT <i>in person & virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 No masks – limit 6</p> <p>10:00am FLOW & RESTORE YOGA <i>in person only</i> with Amanda (90 min) Non-members \$25 No masks – limit 6</p>	<p>10:00am AQUA FIT <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15 No masks – limit 6</p> <p>11:00am RESTORATIVE YOGA <i>in person only</i> with Alyssa (75 min) Non-members \$20 Masks required</p>	<p>9:00am AQUA FIT <i>in person only</i> with Kerry (60 min) Non-members \$15 No masks – limit 6</p> <p>10:00am YIN YOGA <i>in person only</i> with Alyssa (75 min) Non-members \$20 Masks required</p>
 <p>POP-UP CLASSES JANUARY</p> <p>Sunday Jan 9th: Trapeze Yoga at 11:30am</p> <p>Sunday Jan 23rd: Trapeze Yoga at 11:30am</p> <p>\$15 members \$20 non-members Masks required</p>						

PRE-REGISTRATION REQUIRED

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FITNESS	YOGA & PILATES continued
<p>AQUA FIT with Andrew Stowe – 60 min No masks – limit 6 Strength & toning exercises with moderate-intensity aerobics using natural water resistance & “water weights.” An excellent, & safe cardiovascular workout to increase strength, endurance, & 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 11 participants Masks required Movements from ballet, Pilates, & yoga, using a ballet bar. For virtual classes, we recommend using a chair pushed against a stable surface, using the back of it as your ‘bar’. You will also need a mat & light hand weights – 1, 2, or 3lb recommended. A low-impact workout, with high repetitions, aimed at improving endurance, flexibility, & posture. IN PERSON & VIRTUAL</p> <p>BODY SCULPT with Carly – 60 min No masks – limit 6 This class incorporates a mix of circuits of strength training, HIIT cardio, Barre-inspired sculpt, and core work. For virtual classes, sliders (gliding discs) & dumbbells are ideal, but modifications can be made for body weight. Modifications offered for every level. IN PERSON & VIRTUAL</p> <p>BODYWEIGHT BOOTCAMP with Andrew Stowe – 60 min Masks required Focused on building strength & delivering a total body workout. This gym-floor class includes a dynamic warm-up, core strength circuit, upper & lower body exercises, & a stretching series at the end. Modifications & progressions offered for all levels. IN PERSON ONLY</p> <p>POWER HOUR with Andrew Neff – 60 min No masks – limit 6 A full-body strength & 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 & definition! Modifications & progressions are available for every exercise. IN PERSON ONLY</p>	<p>FLOW YOGA with Amanda – 60 min No masks – limit 6 An all-level class stringing postures together to move from one to another, seamlessly, using breath. IN PERSON ONLY</p> <p>FLOW & RESTORE YOGA with Amanda – 90 min No masks – limit 6 Incorporating pranayama, meditation, & flowing movement with longer holds. Warming the body with flowing yoga sequences, & using the heat built to relax & restore the body & mind into supportive restorative poses. IN PERSON ONLY</p> <p>GENTLE FLOW YOGA with Shoshana – 60 min Masks required This mixed-level class is designed to revitalize the body & soothe the nervous system. A gentle flow sequence promotes tone, balance, & flexibility. The class concludes with a series of supportive restorative postures to invite deep ease & relaxation. IN PERSON ONLY</p> <p>RESTORATIVE YOGA with Alyssa – 75 min Masks required Restorative yoga encourages relaxation of the body and mind. This class is open to all levels. The focus is on long passive holds, with the aim of releasing tension. IN PERSON ONLY</p> <p>SLOW FLOW YOGA with Amanda – 75 min No masks – limit 6 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 ONLY</p> <p>TRAPEZE YOGA with Erika – 60 min – limited to 5 participants Masks required Build upper body strength, relieve back pain, and explore backbends. No prior experience required, just a desire to improve strength and flexibility! Worried about going upside down? Don’t be! There are many options with the trapeze that don’t require inversions. But you’re going to want to try! Contraindications: Pregnancy (requires a midwife or Dr present to practice), high/low blood pressure (consult with Dr), glaucoma or other eye issues, recent surgeries, vertigo, prosthetic hips. IN PERSON ONLY- *Additional Fee: Members \$15; Non-members \$20</p> <p>VINYASA YOGA with Erika – 60 min Masks required This class is based on the belief that mental & physical health are interrelated, & should be conditioned together. Vinyasa emphasizes sequential movement between postures, coordinated with & guided by deliberate breath. Move between postures with each held for 5 to 8 breaths. A balanced class with forward bending, twists, backbends & opportunity for inversions. All levels. IN PERSON & VIRTUAL</p> <p>YIN YOGA with Alyssa – 75 min Masks required In yoga, all the tissues of the body are considered either Yin or Yang. Yin Yoga works on the Yin tissues –the connective tissues, like tendons, ligaments & fascia. The more mobile & pliable muscles & blood are Yang. Participants will move through poses in long holds, up to five minutes each, with meditation incorporated. Yin Yoga is extremely relaxing & calming for the body, mind & soul. IN PERSON ONLY</p> <p>YOGA FOR FLEXIBILITY with Erika – 60 min Masks required A targeted mobility training program practiced with a mat and some props, but nothing else. This approach is designed to supplement any other yoga or exercise routine you might already be doing. This practice uses long holds and a specific breathing pattern to work towards greater flexibility. Open to all levels. Contraindications: Pregnancy, artificial joints, EDS, recent/not healed injuries/surgeries, recent head injury. IN PERSON & VIRTUAL</p> <p>NON-MEMBER PRICING: \$15 for 45 – 60-minute classes, \$20 for 75-minute classes, \$25 for 90-minute classes, except where noted</p>
PILATES – IN STUDIO	
<p>PILATES IN STUDIO* with Angela – 60 min– Limited to 3 participants Masks required New to Pilates? Come learn the basics in these classes. Enjoy using the Pilates studio while you lengthen & strengthen muscles like you’ve never experienced before. 3 participants max, in reformer studio off the lobby. IN PERSON ONLY - *Additional Fee: Members \$20; Non-members \$30</p>	
YOGA & PILATES	
<p>MAT PILATES with Karen – 60 min No masks – limit 6 This mat-work Pilates class follows the classical routine with instruction & hands-on help for alignment & understanding of the movement. The class incorporates strength, stretch, & stability, & modifies for your needs. IN PERSON ONLY</p> <p>PIYO with Jody – 60 min No masks – limit 6 A strengthening class for total body, PiYo® combines movements & exercises from Pilates & yoga to create a unique & fun workout. Using stretching, bodyweight training, & cardio conditioning, this high-energy, yet low-impact class helps increase flexibility, balance, & strength. IN PERSON & VIRTUAL</p>	

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