

# WOODSTOCK ATHLETIC CLUB CLASS SCHEDULE – MAY 2022

Email [athleticclub@woodstockinn.com](mailto: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><b>6:45am</b> <b>INDOOR CYCLING</b> <i>in person only</i> with Carly (45 min) Non-members \$15</p> <p><b>8:45am</b> <b>BODY SCULPT</b> <i>in person &amp; virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15</p> <p><b>9:30am</b> <b>PILATES IN STUDIO L1</b> <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members \$30</p> <p><b>10:00am</b> <b>SLOW FLOW YOGA</b> <i>in person &amp; virtual</i> with Amanda (75 min) Non-members \$20</p> <p><b>12:30pm</b> <b>AQUA FIT</b> <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15</p> <p><b>5:30pm</b> <b>TRAPEZE YOGA</b> <i>in person only- limit 5</i> with Erika (60 min) Members: \$15 Non-members \$20</p> <p><b>5:30pm</b> <b>BODYWEIGHT BOOTCAMP</b> <i>in person only</i> with Andrew Stowe (60 min) Non-members in person \$15</p>	<p><b>7:30am</b> <b>VINYASA</b> <i>in person &amp; virtual</i> with Erika (60 min) Non-members \$15</p> <p><b>8:30am</b> <b>PILATES IN STUDIO L2</b> <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members \$30</p> <p><b>8:45am</b> <b>BARRE</b> <i>in person &amp; virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15</p> <p><b>10:00am</b> <b>MAT PILATES</b> <i>in person only</i> with Karen (60 min) Non-members \$15</p> <p><b>5:30pm</b> <b>YIN YOGA</b> <i>in person only</i> with Alyssa (75 min) Non-members \$20</p>	<p><b>6:45am</b> <b>INDOOR CYCLING</b> <i>in person only</i> with Eric (45 min) Non-members \$15</p> <p><b>8:30am</b> <b>PILATES IN STUDIO L2</b> <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members \$30</p> <p><b>8:45am</b> <b>BODY SCULPT</b> <i>in person &amp; virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15</p> <p><b>10:00am</b> <b>ENERGY MEDICINE YOGA</b> <i>in person &amp; virtual</i> with Amanda (75 min) Non-members \$20</p> <p><b>12:30pm</b> <b>AQUA FIT</b> <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15</p> <p><b>5:30pm</b> <b>POWER HOUR</b> <i>in person only</i> with Andrew Neff (60 min) Non-members \$15</p>	<p><b>7:30am</b> <b>TRAPEZE YOGA</b> <i>in person only – limit 6</i> with Erika (60 min) Members: \$15 Non-members \$20</p> <p><b>8:45am</b> <b>BARRE</b> <i>in person &amp; virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15 <u>limit 11</u></p> <p><b>10:30am</b> <b>GENTLE FLOW YOGA</b> <i>in person only</i> with Shoshana (60 min) Non-members \$15</p> <p><b>12:00pm</b> <b>PIYO</b> <i>in person &amp; virtual</i> with Jody (60 min) Non-members \$15</p> <p><b>5:00pm</b> <b>BODY BY BARI AQUA AEROBICS</b> <i>in person only</i> with Bari (60 min) All participants: \$16</p> <p><b>5:30pm</b> <b>FIT FOR LIFE</b> <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15</p>	<p><b>6:45am</b> <b>INDOOR CYCLING</b> <i>in person only</i> with Eric (45 min) Non-members \$15</p> <p><b>8:30am</b> <b>PILATES IN STUDIO L2</b> <i>in person only – limit 3</i> with Angela (60 min) Members \$20 Non-members \$30</p> <p><b>8:45am</b> <b>BODY SCULPT</b> <i>in person &amp; virtual</i> with Carly (60 min) Non-members virtual \$10 Non-members in person \$15</p> <p><b>10:00am</b> <b>FLOW &amp; RESTORE YOGA</b> <i>in person &amp; virtual</i> with Amanda (90 min) Non-members \$25</p> <p><b>12:30pm</b> <b>AQUA FIT</b> <i>in person only</i> with Andrew Stowe (60 min) Non-members \$15</p>	<p><b>10:00am</b> <b>AQUA FIT</b> <i>in person only</i> with Kerry (60 min) Non-members \$15</p> <p><b>10:00am</b> <b>INDOOR CYCLING</b> <i>in person only</i> with Carly (45 min) Non-members \$15</p> <p><b>11:00am</b> <b>RESTORATIVE YOGA</b> <i>in person only</i> with Alyssa (75 min) Non-members \$20</p>	<p><b>9:00am</b> <b>INDOOR CYCLING</b> <i>in person only</i> with Eric (45 min) Non-members \$15</p> <p><b>10:00am</b> <b>YIN YOGA</b> <i>in person only</i> with Alyssa (75 min) Non-members \$20</p>
					<p>Please arrive 5 minutes early to classes, especially if you are a first-timer!</p> <p>We can better serve you with proper setup</p>	
					<p><b>Non-member pricing:</b></p> <p>\$15 per 45-60-minute class \$20 per 75-minute class \$25 per 90-minute class</p> <p>(Except where special pricing noted on schedule)</p>	

**Pilates in Studio**  
Now in two levels:  
L1 = novice  
L2 = experienced

**PRE-REGISTRATION REQUIRED**

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FITNESS	YOGA
<p><b>AQUA FIT with Andrew Stowe – 60 min</b> Strength &amp; toning exercises with moderate-intensity aerobics using natural water resistance &amp; "water weights." An excellent, &amp; safe cardiovascular workout to increase strength, endurance, &amp; range of motion. One lap lane only will be open during aqua aerobics. <b>IN PERSON ONLY</b></p> <p><b>AQUA FIT with Kerry – 60 min</b> Water Workout! Start with a fun water warm-up, then move into cardiovascular training and strengthening using the water/buoyancy equipment as resistance, as well as working on abdominal strengthening. The last section of the class features functional training (keeping and increasing our range of motion), relaxation and several stretches unique to the water. <b>IN PERSON ONLY</b></p> <p><b>BODY BY BARI AQUA AEROBICS* with Bari – 60 min</b> Bari's signature class returns to the AC! Get a great, no-impact workout in the pool on Thursday evenings, with Bari's expertise &amp; energy! One lap lane only will be open during aqua aerobics. <b>IN PERSON ONLY - *Additional Fee: \$16 per participant</b></p> <p><b>BARRE with Carly – 60 min - Limited to 11 participants</b> Movements from ballet, Pilates, &amp; 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 &amp; light hand weights – 1, 2, or 3lb recommended. A low-impact workout, with high repetitions, aimed at improving endurance, flexibility, &amp; posture. <b>IN PERSON &amp; VIRTUAL</b></p> <p><b>BODY SCULPT with Carly – 60 min</b> This class incorporates a mix of circuits of strength training, HIIT cardio, Barre-inspired sculpt, and core work. For virtual classes, sliders (gliding discs) &amp; dumbbells are ideal, but modifications can be made for body weight. Modifications offered for every level. <b>IN PERSON &amp; VIRTUAL</b></p> <p><b>BODYWEIGHT BOOTCAMP with Andrew Stowe – 60 min</b> Focused on building strength &amp; delivering a total body workout. This gym-floor class includes a dynamic warm-up, core strength circuit, upper &amp; lower body exercises, &amp; a stretching series at the end. Modifications &amp; progressions offered for all levels. <b>IN PERSON ONLY</b></p> <p><b>FIT FOR LIFE with Andrew Stowe – 60 min</b> 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! <b>IN PERSON ONLY</b></p> <p><b>INDOOR CYCLING with Carly/Eric – 45 min – Limited to 15 participants</b> Take your cycling workout indoors in our fabulous cycling studio with top-of-the-line Technogym stationary bikes. During the class, the instructor simulates hill-climbing, sprints, &amp; races. Get motivated by the instructor, the people around you, &amp; the music! <b>IN PERSON ONLY</b></p> <p><b>MAT PILATES with Karen – 60 min</b> This mat-work Pilates class follows the classical routine with instruction &amp; hands-on help for alignment &amp; understanding of the movement. The class incorporates strength, stretch, &amp; stability, &amp; modifies for your needs. <b>IN PERSON ONLY</b></p> <p><b>PIYO with Jody – 60 min</b> A strengthening class for total body, PiYo® combines movements &amp; exercises from Pilates &amp; yoga to create a unique &amp; fun workout. Using stretching, bodyweight training, &amp; cardio conditioning, this high-energy, yet low-impact class helps increase flexibility, balance, &amp; strength. <b>IN PERSON &amp; VIRTUAL</b></p> <p><b>POWER HOUR with Andrew Neff – 60 min</b> A full-body strength &amp; 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 &amp; definition! Modifications &amp; progressions are available for every exercise. <b>IN PERSON ONLY</b></p>	<p><b>ENERGY MEDICINE YOGA with Amanda – 90 min</b> <span style="color: green;">ENERGY MEDICINE YOGA</span> Energy Medicine Yoga (EMyoga) blends easy-to-learn energy medicine techniques and traditional yoga to amplify the benefits of your practice without increasing your time on the mat. For beginners and experts alike, EMyoga complements any yoga style. <b>IN PERSON &amp; VIRTUAL</b></p> <p><b>FLOW YOGA with Amanda – 60 min</b> An all-level class stringing postures together to move from one to another, seamlessly, using breath. <b>IN PERSON &amp; VIRTUAL</b></p> <p><b>FLOW &amp; RESTORE YOGA with Amanda – 90 min</b> Incorporating pranayama, meditation, &amp; flowing movement with longer holds. Warming the body with flowing yoga sequences, &amp; using the heat built to relax &amp; restore the body &amp; mind into supportive restorative poses. <b>IN PERSON &amp; VIRTUAL</b></p> <p><b>GENTLE FLOW YOGA with Shoshana – 60 min</b> This mixed-level class is designed to revitalize the body &amp; soothe the nervous system. A gentle flow sequence promotes tone, balance, &amp; flexibility. The class concludes with a series of supportive restorative postures to invite deep ease &amp; relaxation. <b>IN PERSON ONLY</b></p> <p><b>RESTORATIVE YOGA with Alyssa – 75 min</b> 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. <b>IN PERSON ONLY</b></p> <p><b>SLOW FLOW YOGA with Amanda – 75 min</b> 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. <b>IN PERSON &amp; VIRTUAL</b></p> <p><b>TRAPEZE YOGA with Erika – 60 min – limited to 6 participants</b> 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. <b>IN PERSON ONLY- *Additional Fee: Members \$15; Non-members \$20</b></p> <p><b>VINYASA YOGA with Erika – 60 min</b> This class is based on the belief that mental &amp; physical health are interrelated, &amp; should be conditioned together. Vinyasa emphasizes sequential movement between postures, coordinated with &amp; guided by deliberate breath. Move between postures with each held for 5 to 8 breaths. A balanced class with forward bending, twists, backbends &amp; opportunity for inversions. All levels. <b>IN PERSON &amp; VIRTUAL</b></p> <p><b>YIN YOGA with Alyssa – 75 min</b> 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 &amp; fascia. The more mobile &amp; pliable muscles &amp; blood are Yang. Participants will move through poses in long holds, up to five minutes each, with meditation incorporated. Yin Yoga is extremely relaxing &amp; calming for the body, mind &amp; soul. <b>IN PERSON ONLY</b></p> <p><b>YOGA SHRED with Amanda – 30 min (Pop-Up class only)</b> Get your morning moving with this 30-minute Yoga Shred class - start and finish with a yoga warm-up and cool down, and challenge yourself with Tabata yoga moves of 20 seconds work, 10 seconds rest - it's 4 minutes of work, and a lot of fun! <b>IN PERSON ONLY</b></p>
<p style="text-align: center;"><b>PILATES – IN STUDIO</b></p> <p><b>PILATES IN STUDIO* with Angela – 60 min– Limited to 3 participants</b> Enjoy using the Pilates studio apparatus while you lengthen &amp; strengthen muscles like you've never experienced before. L1: novice; L2: previous experience appreciated. 3 participants max, in reformer studio off the lobby. <b>IN PERSON ONLY - *Additional Fee: Members \$20; Non-members \$30</b></p>	

**PRE-REGISTRATION REQUIRED**