

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – SEPTEMBER 2022

MONDAY

6:45AM-7:30AM
Cycling: Conditioning Ride
w/ Carly (Cycling Studio) ★

7:30AM-8:30AM
Motivation Yoga
w/ Kelley (Main Studio) ★

8:45AM-9:45AM
Body Sculpt
w/ Carly (Main Studio /r)

9:30AM-10:30AM
Pilates-In-Studio (L1)
w/ Angela (Pilates Studio/\$)

10:00AM-11:15AM
Slow Flow Yoga
w/ Amanda (Main Studio)

10:00AM-11:00AM
Cardio Tennis
w/ Toby (Tennis Courts)

12:30PM-1:30PM
AquaFit
w/ Andrew S. (Pool)

5:30PM-6:30PM
Trapeze Yoga
w/ Erica (Main Studio/limit: 5)

5:30PM-6:30PM
Bootcamp
w/ Andrew S. (TBD) ★

5:30PM-6:15PM
Cycle: Competitive Edge
w/ Alex F. (Cycling Studio) ★

TUESDAY

7:30AM-8:30AM
Vinyasa Yoga
w/ Erica (Main Studio/r)

8:30AM-9:30AM
Pilates In Studio (L2)
w/ Angela (Pilates Studio/\$)

8:45AM-9:45AM
Barre
w/ Carly (Main Studio/r)

9:00AM-10:00AM
AquaFit
w/ Kerry (Pool) ★

9:00AM-10:00AM
Weight Room Orientation
w/ Justin (Main Weightroom) ★

10:00AM-11:00AM
Mat Pilates
w/ Karen (Main Studio)

5:00PM-6:00PM
AquaFit
w/ Bari (Pool) ★

5:00PM-6:00PM
Tennis Games
w/ Toby (Tennis Courts)

5:30PM-6:30PM
Bootcamp
w/ Ryan (Functional Playground) ★

5:30PM-6:45PM
Yin Yoga
w/ Alyssa (Main Studio)

WEDNESDAY

6:45AM-7:30AM
Cycling: Road Ride
w/ Eric (Cycling Studio)

8:30AM-9:30AM
Pilates In Studio
w/ Angela (Pilates Studio/\$)

8:45AM-9:45AM
Body Sculpt
w/ Carly (Main Studio/r)

10:00AM-11:15AM
Energy Medicine Yoga
w/ Amanda (Main Studio/r)

10:00AM-11:00AM
Cardio Tennis
w/ Toby (Tennis Courts)

12:30PM-1:30PM
AquaFit
w/ Kerry (Pool)

5:30PM-6:30PM
Power Hour
w/ Andrew N. (Main Studio)

THURSDAY

7:30AM-8:30AM
Trapeze Yoga
w/ Erica (Main Studio/limit:6)

8:45AM-9:45AM
Barre
w/ Carly (Main Studio/r) ★

9:00AM-10:00AM
Weight Room Orientation
w/ Justin (Main Weightroom) ★

10:30AM-11:30AM
Gentle Flow Yoga
w/ Shoshana (Main Studio)

12:00PM-1:00PM
PiYo
w/ Jody (Main Studio/r)

4:30PM-5:30PM
AquaFit
w/ Joyce (Pool) ★

5:30PM-6:30PM
Fit For Life
w/ Andrew S. (Knox Fitness Loop)

FRIDAY

6:45AM-7:30AM
Cycling: Road Ride
w/ Eric (Cycling Studio)

8:30AM-9:30AM
Pilates In Studio
w/ Angela (Pilates Studio/\$)

8:45AM-9:45AM
Body Sculpt
w/ Carly (Main Studio/r)

10:00AM-11:30AM
Flow & Restore Yoga
w/ Amanda (Main Studio/r)

12:30PM-1:30PM
AquaFit
w/ Andrew S. (Pool)

SATURDAY

9:00AM-10:00AM
Bootcamp
w/ Ryan (Functional Playground) ★

10:00AM-10:45AM
Cycling: Conditioning Ride
w/ Carly (Cycling Studio) ★

10:00AM-10:30AM
30-Min Stretch
w/ Ryan (Main Studio) ★

11:00AM-12:00PM
Cardio Tennis
w/ Toby (Tennis Courts)

11:00AM-12:15PM
Restorative Yoga
w/ Alyssa (Main Studio)

SUNDAY

9:00AM-9:45AM
Cycling: Road Ride
w/ Eric (Cycling Studio)

10:00AM-11:15AM
Yin Yoga
w/ Alyssa (Main Studio)

★ Indicates a new class or instructor.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES & CLINICS

Members may register through the MindBody App. Guests may register by calling 802-457-6656 or emailing us at athleticclub@woodstockinn.com



Woodstock Athletic Club

GROUP EXERCISE SCHEDULE – SEPTEMBER 2022

NEW Club Hours effective September 6, 2022:

Monday-Friday 6AM-8PM; Saturday & Sunday 7AM-6PM
Pool deck amenities close 15 minutes prior to the close of the Club

Open to the Public: Daily Guest Pass \$25; Weekly Guest Pass: \$75
Additional short-term & long-term membership information available upon request.

ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:00AM Cardio Tennis w/ Toby (Courts 7&8)	10:00AM-11:00AM Patterns of Play w/ Ken (\$)	10:00AM-11:00AM Cardio Tennis w/ Toby	10:00AM-11:00AM Patterns of Play w/ Ken (\$)	No Classes	10:00AM-11:00AM Doubles Play w/ Ken (\$)
	5:00PM-6:00PM Tennis Games w/ Toby		5:30PM-7:00PM Thursday Night Serve & Volley w/ Toby & Michael		11:00AM-12:00PM Cardio Tennis w/ Toby

Tennis Class & Clinic Descriptions

CARDIO TENNIS – 60 minutes – Limited to 8 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)

DOUBLES PLAY – 60 minutes – 3 participants required - All things doubles! We'll talk tactics, positioning, anticipating, and putting that ball away. We'll end every session with service game/match play. (NTRP 3.0+) Members: \$20; Non-members \$35

PATTERNS OF PLAY- 60 minutes – Limited to 6 participants - This clinic will go over individual patterns of play. We'll focus on how to use shot selection to keep our opponents off balance, and stay ahead in the point. (NTRP 3.5-4.0) Members: \$20; Non-members \$35

TENNIS GAMES – 60 minutes – Limited to 8 participants - This clinic is a fun adult beginner tennis program that combines all of the king of the court style tennis games from cardio tennis with some very basic drills for developing strong fundamentals. The clinic will use compression balls that will make our shots easier to control and make the game more accessible. It will also feature music and a general party atmosphere. (All levels)

THURSDAY NIGHT SERVE & VOLLEY – 90 minutes – Limited to 20 participants - Come one, come all to our Thursday Night Serve and Volley. Enjoy casual doubles match play at our weekly round robin. Challenge your friends and the Tennis Pro-staff. Keep the trash talk coming as we laugh off our mistakes and celebrate our brilliant shots. A great time will be had by all.

POP-UP CLASSES!

Garden Yoga at Kelly Way Gardens with Kelley Willis

Monday, September 5, 8:00AM-9:00AM

Experience the joy and beauty of yoga in a unique setting tucked away on the hillside of our resort farm, Kelley Way Gardens. Become immersed in the greenery of the garden as class carries you through meditation, pranayama, and asana inside the Gourd Walk.

Brain Power Series Workshops with Alex Figueroa

Saturday, September 10, 8:00AM-9:00AM – Brain Power: Brains to Better Balance

Saturday, September 24, 8:00AM-9:00AM – Brain Power: Brains for Managing Low Back Pain

Explore the most cutting-edge fitness lectures on how to tap into the power of your brain and nervous system to enhance your life. See and experience how focusing on the nervous system can improve your movements and every-day life!

NEW CLASSES!

Mondays at 7:30AM – **Motivational Yoga** with Kelley

Mondays at 5:30PM – **Cycling: Competitive Edge** with Alex

Tuesdays and Thursdays at 9AM – **Weight Room Orientation** with Justin

Tuesdays at 5PM & Thursdays at 4:30PM – **AquaFit** with Bari (Tuesdays) and Joyce (Thursdays)

Tuesdays at 5:30PM & Saturdays at 9AM – **Bootcamp** with Ryan

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES & CLINICS

Member registration through the [Mindbody app](#). Guests may register by calling (802) 457-6656 or emailing us at athleticclub@woodstockinn.com.

ATHLETICS & STUDIO

30-MINUTE STRETCH: Take 30 minutes of your day and focus on your flexibility. Your instructor will guide you through safe and effective techniques to improve on your recovery and bring your body back to a more supple state. 30 minutes.

BARRE: Limit: 11. 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. **REMOTE OPTION AVAILABLE (r).**

BODY SCULPT: 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.

REMOTE OPTION AVAILABLE (r).

BOOTCAMP: 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.

CYCLING: Limited to 15 participants. 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, & races. Get motivated by the instructor, the people around you, & the music! 45 minutes.

3 class styles: 1) Classic Road – Classic tunes simulating traditional road cycling; 2) Conditioning Ride – great music and coaching to guide you through a fun cardiovascular conditioning workout; 3) Competitive Edge – the most high-tech ride offering you real time ride stats to give you the motivation to drive you to the next level.

FIT FOR LIFE: 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 then head out to the Loop together!

PIYO: 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. **REMOTE OPTION AVAILABLE(r).**

POWER HOUR: 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 *will* start to see results in muscle tone & definition! Modifications & progressions are available for every exercise.

WEIGHTROOM ORIENTATION: Get the most out of your membership. This guided experience will demonstrate the purpose and use of equipment and how to get the most of each safely and confidently. This class is offered as an instructional opportunity and is not a workout. Great for beginners or anyone looking to learn a new trick in the Club. Meet in the Main Weightroom.

AQUATICS

AQUA FIT: Strength & toning exercises with moderate-intensity aerobics using natural water resistance & "water weights." An excellent, & safe workout to improve cardiovascular endurance, muscular strength, & range of motion. One lap lane only will be open during aqua aerobics.

PILATES

MAT PILATES: 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. 60 minutes.

PILATES IN STUDIO*: Limited to 3 participants. Enjoy using the Pilates studio apparatus while you lengthen & strengthen muscles like you've never experienced before. L1: novice; L2: previous experience appreciated. **ADDITIONAL FEE:**

MEMBERS: \$20; NON-MEMBERS \$30

TENNIS

CARDIO TENNIS – Limit: 8 - 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)

TENNIS GAMES – Limit: 8 - This clinic is a fun adult beginner tennis program that combines all of the king of the court style tennis games from cardio tennis with some very basic drills for developing strong fundamentals. The clinic will use compression balls that will make our shots easier to control and make the game more accessible. It will also feature music and a general party atmosphere. (All levels)

PATTERNS OF PLAY- Limit: 6 - This clinic will go over individual patterns of play. We'll focus on how to use shot selection to keep our opponents off balance, and stay ahead in the point. (Tennis skills required: NTRP 3.5-4.0)

DOUBLES PLAY – Minimum: 3 - All things doubles! We'll talk tactics, positioning, anticipating, and putting that ball away. We'll end every session with service game/match play. (NTRP 3.0+) Members: \$20; Non-members \$35

THURSDAY NIGHT SERVE & VOLLEY – Limit: 20 - Come one, come all to our Thursday Night Serve and Volley. Enjoy casual doubles match play at our weekly round robin. Challenge your friends and the Tennis Pro-staff. Keep the trash talk coming as we laugh off our mistakes and celebrate our brilliant shots. A great time will be had by all.

YOGA

ENERGY MEDICINE YOGA: **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. 75 minutes. **REMOTE OPTION AVAILABLE(r)**.

FLOW & RESTORE YOGA: 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. 90 minutes.

REMOTE OPTION AVAILABLE (r).

GENTLE FLOW: 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.

MOTIVATION YOGA: Kickstart your week with this energizing, and uplifting mixed level Hatha Vinyasa flow. A mixture of guided meditation, pranayama, mudras, and flow postures with inspirationally themed classes will help you start on the right note and gear up for the week ahead in mind, body and soul.

RESTORATIVE YOGA: 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. 75 minutes.

SLOW FLOW YOGA: 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. 75 minutes. **REMOTE OPTION AVAILABLE (r)**.

TRAPEZE YOGA: limited to 6 participants. 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.

VINYASA YOGA: 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. **REMOTE OPTION AVAILABLE (r)**.

YIN YOGA: 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. 75 minutes

Private and semi-private options are available for every format of group training. Inquire with your favorite instructor or at the Club Reception Desk for details on rates and scheduling at your convenience.