

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE

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 (except 11/21)
w/ Andrew S. (Indoor Pool)

5:30PM-6:30PM
Trapeze Yoga
w/ Erika (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)

6:45PM-7:30PM
Pop-Up: Yoga for Flexibility
(except 11/14) ★
w/ Erika (Main Studio)

TUESDAY

7:30AM-8:30AM
Vinyasa Yoga
w/ Erika (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 (except 11/22)
w/ Kerry (Indoor 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 (except 11/22)
w/ Bari (Indoor Pool)

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: Classic Road
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)

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

12:00PM-12:45PM
Meditation Energy Boost
w/ Vin (Main Studio)

12:30PM-1:30PM
AquaFit (except 11/23)
w/ Kerry (Indoor Pool)

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

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

THURSDAY

6:45AM-7:30AM
Cycle: Competitive Edge
(except 11/24)
w/ Adrienne (Cycling Studio)

7:30AM-8:30AM
Trapeze Yoga
(except 11/24)
w/ Erika (Main Studio/limit:6)

8:45AM-9:45AM
Barre
(except 11/24)
w/ Carly (Main Studio/r)

9:00AM-10:00AM
Weight Room Orientation
(except 11/24)
w/ Justin (Main Weightroom)

10:30AM-11:30AM
Gentle Flow Yoga
(except 11/24)
w/ Shoshana (Main Studio)

12:00PM-1:00PM
PiYo
(except 11/24)
w/ Jody (Main Studio/r)

4:30PM-5:30PM
AquaFit
(except 11/24) ★
w/ Annie (Indoor Pool)

FRIDAY

6:45AM-7:30AM
Cycling: Classic Road
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)

12:00PM-1:00PM ★
Kripalu Yoga
w/ Annie (Main Studio)

12:30PM-1:30PM
AquaFit (except 11/25)
w/ Andrew S. (Indoor Pool)

SATURDAY

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

9:00AM-10:00AM ★
AquaFit (except 11/26)
w/ Joyce (Indoor Pool)

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

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

10:00AM-10:30AM ★
Splash Kids (ages 3-5)
(except 11/26)
w/ Joyce (Indoor Pool)/\$

10:30AM-11:00AM ★
Splash Kids (ages 6-8)
(except 11/26)
w/ Joyce (Indoor Pool)/\$

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 – (r) indicates class available remotely

ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:00AM Cardio Tennis w/ Toby	8:30AM-10:00AM Open Pickleball Indoor Court #2 Limit 10	10:00AM-11:00AM Cardio Tennis w/ Toby	8:30AM-10:00AM Open Pickleball (except 11/24) Indoor Court #2 Limit 10	No Classes	8:30AM-10:00AM Open Pickleball Indoor Court #2 Limit 10
1:00PM-2:30PM Open Pickleball Indoor Court #2 Limit 10	10:00AM-11:00AM Patterns of Play w/ Toby (\$)	1:00PM-2:30PM Open Pickleball Indoor Court #2 Limit 10	10:00AM-11:00AM Patterns of Play (except 11/24) w/ Toby (\$)		10:00AM-11:00AM Doubles Play w/ Toby (\$)
		5:00PM-6:00PM Tennis Games w/ Toby	5:30PM-7:00PM Thursday Night Serve & Volley (except 11/24) w/ Toby & Michael		11:00AM-12:00PM Cardio Tennis w/ Toby

Tennis Class & Clinic Descriptions

CARDIO TENNIS – 60 minutes – Limited to 10 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 10 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.



GROUP EXERCISE SCHEDULE – NOVEMBER 2022

CLUB HOURS:

Monday-Friday 6AM-8PM; Saturday & Sunday 7AM-6PM; *Thanksgiving Day: 7AM-12PM.*
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.

POP-UP CLASSES!

SLEEP Programming (11/3, 11/10, 11/17, and 11/23 at 5:30PM)

Perhaps the easiest yet most elusive of all solutions for reaching our personal potential is a good night's sleep. Explore and unlock the power of Yoga Nidra, Meditation, and Sound Bathing. See how adding these wonderful techniques to your sleep routine may help you tap into reaching your best sleep yet! Each a safe and guided experience with some of the most respected and knowledgeable practitioners in the Upper Valley.

Yoga for Flexibility with Erika Stillson – 11/7, 21, & 28; 6:45PM-7:30PM

Yoga for Flexibility is a targeted mobility training program practiced with a yoga mat and props and nothing else. This approach is designed to supplement any other yoga or exercise routine you might already be doing. We use long holds and a specific breathing pattern to work towards greater flexibility. This class is suitable for beginners and does not require any previous yoga experience. The tighter you are, the more you may need this class.

Kripalu Yoga with Annie Frates – 11/8 & 11/15 11:15AM-12:30PM

Experience Kripalu Yoga, a gentle yoga practice that emphasizes moving at your own pace, self-acceptance, and adaptability.

Brain Power Series Workshops with Alex Figueroa

Saturday, November 5, 8:00AM-9:00AM – Brain Power: Breathing for the Win!

Saturday, November 19, 8:00AM-9:00AM – Brain Power: Brains for Racquet Sports

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

NEW CLASSES!

Wednesdays: 12PM-12:45PM Energy Meditation Boost with Vin

Wednesdays: 5PM-6PM Tennis Games with Toby (New Time)

Thursdays: 4:30PM-5:30PM AquaFit with Annie

Fridays: 12:00PM-1:00PM Kripalu Yoga with Annie

Saturdays: 9AM-10AM AquaFit with Joyce and 10AM & 10:30AM SplashKids with Coach Joyce

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.