

# WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:45AM-7:30AM</b> <b>Cycling: Conditioning Ride</b> w/ Carly (Cycling Studio)	<b>7:30AM-8:30AM</b> <b>Vinyasa Yoga</b> w/ Erika (Main Studio/r)	<b>6:45AM-7:30AM</b> <b>Cycling: Classic Road</b> w/ Eric (Cycling Studio)	<b>6:45AM-7:30AM</b> <b>Cycle: Competitive Edge</b> w/ Adrienne (Cycling Studio)	<b>6:45AM-7:30AM</b> <b>Cycling: Classic Road</b> w/ Eric (Cycling Studio)	<b>9:00AM-10:00AM</b> <b>Bootcamp</b> w/ Ryan (Functional Playground)	<b>9:00AM-9:45AM</b> <b>Cycling: Road Ride</b> w/ Eric (Cycling Studio)
<b>7:30AM-8:30AM</b> <b>Motivation Yoga</b> w/ Kelley (Main Studio)	<b>8:30AM-9:30AM</b> <b>Pilates In Studio (L2)</b> w/ Angela (Pilates Studio/\$)	<b>8:30AM-9:30AM</b> <b>Pilates In Studio</b> w/ Angela (Pilates Studio/\$)	<b>7:30AM-8:30AM</b> <b>Trapeze Yoga</b> w/ Erika (Main Studio/limit:6)	<b>8:30AM-9:30AM</b> <b>Pilates In Studio</b> w/ Angela (Pilates Studio/\$)	<b>9:00AM-10:00AM</b> <b>AquaFit</b> w/ Joyce (Indoor Pool)	<b>10:00AM-11:15AM</b> <b>Yin Yoga</b> w/ Alyssa (Main Studio)
<b>8:45AM-9:45AM</b> <b>Body Sculpt</b> w/ Carly (Main Studio /r)	<b>8:45AM-9:45AM</b> <b>Barre</b> w/ Carly (Main Studio/r)	<b>8:45AM-9:45AM</b> <b>Body Sculpt</b> w/ Carly (Main Studio/r)	<b>8:45AM-9:45AM</b> <b>Barre</b> w/ Carly (Main Studio/r)	<b>8:45AM-9:45AM</b> <b>Body Sculpt</b> w/ Carly (Main Studio/r)	<b>10:00AM-10:30AM</b> <b>30-Min Stretch</b> w/ Ryan (Main Studio)	
<b>9:30AM-10:30AM</b> <b>Pilates-In-Studio (L1)</b> w/ Angela (Pilates Studio/\$)	<b>9:00AM-10:00AM</b> <b>Weight Room Orientation</b> w/ Justin (Main Weightroom)	<b>10:00AM-11:15AM</b> <b>Energy Medicine Yoga</b> w/ Amanda (Main Studio)	<b>9:00AM-10:00AM</b> <b>Weight Room Orientation</b> w/ Justin (Main Weightroom)	<b>10:00AM-11:30AM</b> <b>Flow &amp; Restore Yoga</b> w/ Amanda (Main Studio)	<b>10:00AM-10:45AM</b> <b>Cycling: Conditioning Ride</b> w/ Carly (Cycling Studio)	
<b>10:00AM-11:15AM</b> <b>Slow Flow Yoga</b> w/ Amanda (Main Studio)	<b>10:00AM-11:00AM</b> <b>AquaFit (except 12/27)</b> w/ Kerry (Indoor Pool)	<b>10:00AM-11:00AM</b> <b>Cardio Tennis</b> w/ Toby (Tennis Courts)	<b>10:30AM-11:30AM</b> <b>Gentle Flow Yoga</b> w/ Shoshana (Main Studio)	<b>12:00PM-1:00PM</b> ★ <b>Vinyasa Yoga</b> w/ Amanda (Main Studio)	<b>10:00AM-10:30AM</b> <b>Splash Kids (ages 5-7)</b> w/ Joyce (Indoor Pool)/\$	
<b>10:00AM-11:00AM</b> <b>Cardio Tennis</b> w/ Toby (Tennis Courts)	<b>10:00AM-11:00AM</b> <b>Mat Pilates</b> w/ Karen (Main Studio)	<b>12:00PM-12:45PM</b> <b>Meditation Energy Boost</b> w/ Vin (Main Studio)	<b>12:00PM-1:00PM</b> <b>PiYo</b> w/ Jody (Main Studio/r)	<b>12:30PM-1:30PM</b> <b>AquaFit</b> w/ Kerry (Indoor Pool)	<b>10:30AM-11:00AM</b> <b>Splash Kids (ages 8-10)</b> w/ Joyce (Indoor Pool)/\$	
<b>12:30PM-1:30PM</b> <b>AquaFit</b> w/ Annie (Indoor Pool)	<b>5:00PM-6:00PM</b> <b>AquaFit</b> w/ Bari (Indoor Pool)	<b>12:30PM-1:30PM</b> <b>AquaFit</b> w/ Liz (Indoor Pool)	<b>6:30PM-7:30PM</b> <b>Yin Yoga</b> w/ Alyssa (Main Studio)		<b>11:00AM-12:00PM</b> <b>Cardio Tennis</b> w/ Toby (Tennis Courts)	
<b>5:30PM-6:30PM</b> <b>Trapeze Yoga</b> w/ Erika (Main Studio/limit: 5)	<b>5:30PM-6:30PM</b> <b>Bootcamp</b> w/ Ryan (Functional Playground)	<b>5:00PM-6:00PM</b> <b>Tennis Games</b> w/ Toby (Tennis Courts)			<b>11:00AM-12:15PM</b> <b>Restorative Yoga</b> w/ Alyssa (Main Studio)	
<b>5:30PM-6:30PM</b> <b>Bootcamp</b> w/ Rahm (Functional Playground)	<b>5:30PM-6:45PM</b> <b>Yin Yoga</b> w/ Alyssa (Main Studio)	<b>5:30PM-6:30PM</b> <b>Power Hour</b> w/ Andrew N. (Main Studio)				
<b>5:30PM-6:15PM</b> <b>Cycle: Competitive Edge</b> w/ Alex F. (Cycling Studio)						
<b>6:45PM-7:30PM</b> <b>Yoga for Flexibility</b> w/ Erika (Main Studio/r)						



Indicates a new class or instructor – ( r ) indicates class available remotely



**Woodstock  
Athletic Club**

## **GROUP EXERCISE SCHEDULE – JANUARY 2023**

CLUB HOURS:

Monday-Friday 6AM-8PM; Saturday & Sunday 7AM-6PM;

Sunday, 1/1 (New Year's Day) Club Closed

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 long-term membership information available upon request.

### **ALL-ACCESS TENNIS CLASSES & CLINICS**

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

### **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 – Limited to 8 participants** - 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 8 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.

**THURSDAY NIGHT SERVE & VOLLEY – 90 minutes – Limited to 8 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 & EVENTS!**

**Run for Life with Alex Figueroa:**

**January 14, 8AM-9AM**

Running – you either love it or hate it. Join in the discussion of ways to make running more enjoyable for everyone and in turn, more pain-free and an activity that can be enjoyed for a lifetime.

Participants will receive a 5k & 10k running program and a special offer for run coaching on the day of this event. Great for staying in top running shape in the off-season!

**Brain Power: The Eyes Have It! with Alex Figueroa:**

**Saturday, January 28, 8:00AM-9:00AM (post-poned from December)**

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! An excellent opportunity to improve any sport where hand-eye coordination is the key to success.

**Adult Tennis Clinics: Intermediate Tennis Program**

**Wednesdays 6:00PM-7:30PM**

Tennis Director Toby Niles leads intermediate tennis players through a progressive set of sessions to improve on skills and tennis play through the month of January. Members: \$99, Non-Members: \$159.

Advanced registration is required.

**NEW CLASSES!**

Vinyasa Yoga with Amanda on Fridays 12:00PM-1:00PM

**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](mailto:athleticclub@woodstockinn.com).