

# 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 (Basics)**  
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)

**12:00PM-12:45PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

**5:00PM-6:00PM** ★  
**Pilates-In-Studio**  
w/ Monika (Pilates Studio/\$)

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

**5:30PM-6:30PM**  
**Bootcamp**  
w/ Rahm (Functional Playground)

**5:30PM-6:15PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

**6:45PM-7:30PM**  
**Yoga for Flexibility**  
w/ Erika (Main Studio/r)

## TUESDAY

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

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

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

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

**10:00AM-11:00AM**  
**AquaFit**  
w/ Kerry (Indoor Pool)

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

**12:00PM-12:45PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

**4:30PM-5:30PM** ★  
**Mat Pilates**  
w/ Monika (Main Studio)

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

**5:30PM-6:30PM** ★  
**Pilates-In-Studio**  
w/ Monika (Pilates Studio/\$)

**5:30PM-6:15PM** ★  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

**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)

**12:00PM-12:45PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

**12:30PM-1:30PM**  
**AquaFit**  
w/ Liz (Indoor Pool)

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

**5:00PM-6:00PM** ★  
**Pilates-In-Studio**  
w/ Monika (Pilates Studio/\$)

**5:30PM-6:15PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

**5:45PM-6:45PM**  
**Power Hour**  
w/ Andrew (Functional Playground)

## THURSDAY

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

**7:30AM-8:30AM**  
**Trapeze Yoga**  
w/ Erika (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)

**12:00PM-12:45PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

**5:30PM-6:15PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

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

## 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)

**12:00PM-1:00PM**  
**Vinyasa Yoga**  
w/ Amanda (Main Studio)

**12:00PM-12:45PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

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

**5:30PM-6:15PM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

## SATURDAY

**8:00AM-9:00AM** ★  
**Pilates-In-Studio**  
w/ Monika (Pilates Studio/\$)

**8:30AM-9:15AM**  
**Cycling: FreeBeats**  
w/ Virtual Instructor (Cycling Studio)

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

**9:00AM-10:00AM**  
**AquaFit**  
w/ Joyce (Indoor Pool)

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

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

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

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

## SUNDAY

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

**11:00AM-12:15AM** ★  
**Yin Yoga**  
w/ Alyssa (Main Studio)



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



Woodstock  
Athletic Club

## GROUP EXERCISE SCHEDULE – MARCH 2023

CLUB HOURS:

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 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>6:00PM-7:30PM</b> <b>Thursday Night Serve &amp; Volley</b> w/ Toby & Michael (limit 8)		<b>10:00AM-11:00AM</b> <b>Doubles Play</b> w/ Toby (\$) (limit 8)
	<b>1:00PM-2:00PM</b> <b>Pickleball Clinic</b> w/ Toby (\$) (limit 8)	<b>5:00PM-6:00PM</b> <b>Tennis Games</b> w/ Toby (limit 10)	<b>1:00PM-2:00PM</b> <b>Pickleball Clinic</b> w/ Toby (\$) (limit 8)		<b>11:00AM-12:00PM</b> <b>Cardio Tennis</b> w/ Toby (limit 8)

### TENNIS POP-UP CLASSES & EVENTS!

#### Luck of the Draw

**Saturday, March 18, 3:00PM-5:30PM**

Come and join us on the courts to test your luck. This fun doubles event will be full of surprises and prizes!

Please bring a dish to share and we will see you there!

Members: \$25; Non-Members: \$40. Advanced registration is required.

#### Pickleball Third Shot Option: Drive, Drop, Lob

**Starting March 16, Tuesday & Thursday, 1:00-2:00PM**

Intermediate level stagey clinic, exploring the way of neutralizing the returning side with a clever third shot.

Members: \$20; Non-Members: \$35. Advanced registration is required.

### 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!

#### Stand Strong with Rory Mase

**Monday, March 13, 12:00PM-1:00PM**

Scared of falling, slipping, or just losing your balance? This is a special class designed to improve your relationship with the ground. Advanced registration is required.

#### Tension Releasing Exercises (TRE®) with Carolyn

**Saturday, March 11, 10:00AM-11:00AM**

Exercises that assist the body to release stress and tension held deep in the muscles and connective tissue. This is a great post-workout recovery that calms your nervous system and allows your body to return to a more balanced state. Advanced registration is required.

### NEW CLASSES & CLASS CHANGES!

#### Pilates-In-Studio with Monika -

Mondays & Wednesdays at 5PM; Tuesdays at 5:30PM; Saturdays at 8AM

**Cycling: CycleBeats with Virtual Instructors** - 12:00PM – 1:00PM, Mondays-Fridays; Saturdays at 8:30AM, Tuesday at 5:30PM

**Pilates Mat with Monika** - Tuesdays at 4:30PM

**Yin Yoga** – Thursday at 5:30PM

### 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).