

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>7:30AM-8:30AM</div> <div>Express Hatha</div> <div>w/ Jimmy (Main Studio/r)</div> <div>★</div>	<div>7:30AM-8:30AM</div> <div>Vinyasa Yoga</div> <div>w/ Erika (Main Studio)</div>	<div>6:45AM-7:30AM</div> <div>Cycling: Classic Road</div> <div>w/ Eric (Cycling Studio/ limit 15)</div>	<div>7:30AM-8:30AM</div> <div>Trapeze Yoga</div> <div>w/ Erika (Main Studio/limit: 6)</div>	<div>6:45AM-7:30AM</div> <div>Cycling: Classic Road</div> <div>w/ Eric (Cycling Studio/ limit 15)</div>	<div>8:30AM-9:15AM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>	<div>8:30AM-9:30AM</div> <div>Inferno Pilates</div> <div>w/ Jimmy (Main Studio/r)</div>
<div>7:30AM-8:15AM</div> <div>Cycling: Conditioning Ride</div> <div>w/ Maura (Cycling Studio/ limit 15)</div>	<div>8:30AM-9:30AM</div> <div>Pilates In Studio</div> <div>(Interm./Adv.)</div> <div>w/ Angela (Pilates Studio/\$ limit: 3)</div>	<div>7:30AM-8:30AM</div> <div>Motivation Yoga</div> <div>w/ Kelley (Main Studio)</div> <div>★</div>	<div>8:45AM-9:45AM</div> <div>Barre</div> <div>w/ Carly (Main Studio/r limit: 20)</div>	<div>8:45AM-9:45AM</div> <div>Body Sculpt</div> <div>w/ Carly (Main Studio/r)</div>	<div>8:30AM-9:30AM</div> <div>AquaFit</div> <div>w/ Jimmy (Indoor Pool)</div>	<div>9:00AM-9:45AM</div> <div>Cycling: Road Ride</div> <div>w/ Eric (Cycling Studio/ limit 15)</div>
<div>8:45AM-9:45AM</div> <div>Body Sculpt</div> <div>w/ Carly (Main Studio/r)</div>	<div>8:45AM-9:45AM</div> <div>Barre</div> <div>w/ Carly (Main Studio/r limit: 20)</div>	<div>8:45AM-9:45AM</div> <div>Inferno Pilates</div> <div>w/ Jimmy (Main Studio/r)</div>	<div>10:00AM-10:30AM</div> <div>30-Min Racket Sports</div> <div>Conditioning</div> <div>w/ Justin (Functional Playground)</div>	<div>10:00AM-11:30AM</div> <div>Flow & Restore Yoga</div> <div>w/ Amanda (Main Studio)</div>	<div>10:00AM-10:45AM</div> <div>Cycling: Conditioning Ride</div> <div>w/ Carly (Cycling Studio/ limit 15)</div>	<div>11:00AM-12:15PM</div> <div>Yin Yoga</div> <div>w/ Alyssa (Main Studio)</div>
<div>9:30AM-10:30AM</div> <div>Pilates-In-Studio</div> <div>(Intro/Refresher)</div> <div>w/ Angela (Pilates Studio/\$ limit: 3)</div> <div>No class August 28</div>	<div>10:00AM-10:30AM</div> <div>30-Min Racket Sports</div> <div>Conditioning</div> <div>w/ Justin (Functional Playground)</div>	<div>10:00AM-11:15AM</div> <div>Energy Medicine Yoga</div> <div>w/ Amanda (Main Studio)</div>	<div>10:00AM-11:15AM</div> <div>Slow Flow Yoga</div> <div>w/ Jimmy (Main Studio)</div>	<div>12:00PM-12:45PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>	<div>11:00AM-12:00PM</div> <div>Cardio Tennis</div> <div>w/ Toby (Tennis Courts)</div>	
<div>10:00AM-11:15AM</div> <div>Slow Flow Yoga</div> <div>w/ Amanda (Main Studio)</div>	<div>10:00AM-11:00AM</div> <div>AquaFit</div> <div>w/ Kerry (Indoor Pool)</div>	<div>10:00AM-11:00AM</div> <div>Cardio Tennis</div> <div>w/ Toby (Tennis Courts)</div>	<div>12:00PM-1:00PM</div> <div>PiYo</div> <div>w/ Jody (Main Studio/r)</div> <div>No class August 3</div>	<div>12:30PM-1:30PM</div> <div>AquaFit</div> <div>w/ Kerry (Indoor Pool)</div>	<div>11:00AM-12:15PM</div> <div>Yin Yoga</div> <div>w/ Alyssa (Main Studio)</div>	
<div>10:00AM-11:00AM</div> <div>Cardio Tennis</div> <div>w/ Toby (Tennis Courts)</div>	<div>10:00AM-11:00AM</div> <div>Mat Pilates</div> <div>w/ Karen (Main Studio)</div>	<div>12:00PM-12:45PM</div> <div>Meditation Energy Boost</div> <div>w/ Vin (Main Studio)</div>	<div>12:00PM-12:45PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>	<div>5:30PM-6:15PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>		
<div>12:00PM-12:45PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>	<div>11:15AM-12:30PM</div> <div>Kripalu Yoga</div> <div>w/ Annie (Main Studio)</div>	<div>12:00PM-12:45PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>	<div>5:30PM-6:15PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>			
<div>12:30PM-1:30PM</div> <div>AquaFit</div> <div>w/ Annie (Indoor Pool)</div>	<div>12:00PM-12:45PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>	<div>12:30PM-1:30PM</div> <div>AquaFit</div> <div>w/ Jimmy (Indoor Pool)</div>	<div>5:30PM-6:45PM</div> <div>Yin Yoga</div> <div>w/ Alyssa (Main Studio)</div>			
<div>5:30PM-6:30PM</div> <div>Trapeze Yoga</div> <div>w/ Erika (Main Studio/limit: 6)</div>	<div>5:30PM-6:15PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>	<div>5:00PM-6:00PM</div> <div>Tennis Games</div> <div>w/ Toby (Tennis Courts)</div>				
<div>5:30PM-6:30PM</div> <div>Bootcamp</div> <div>w/ Rahm (Functional Playground)</div>		<div>5:30PM-6:15PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>				
<div>5:30PM-6:15PM</div> <div>Cycling: FreeBeats</div> <div>w/ Virtual Instructor (Cycling Studio)</div>		<div>5:45PM-6:45PM</div> <div>Power Hour</div> <div>w/ Andrew (Functional Playground)</div>				
<div>6:45PM-7:30PM</div> <div>Flexibility Training</div> <div>w/ Erika (Main Studio)</div>						



Star indicates a new class or instructor this month – (r) indicates class available remotely

ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY 10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12) 11:00AM-1:00PM Juniors Tennis – Ages 6-9 and 10-12 w/ Toby & Emily (limit 8 per age group) 1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)	TUESDAY 10:00AM-10:30AM Racket Sports Conditioning w/ Justin (Functional playground) (limit 10) 10:00AM-11:00AM Patterns of Play w/ Toby (\$) (limit 8) 11:00AM-1:00PM Juniors Tennis – Ages 6-9 and 10-12 w/ Toby & Emily (limit 8 per age group) 11:00AM-1:00PM Juniors Tennis – Ages 6-9 and 10-12 w/ Toby & Emily (limit 8 per age group) 5:00PM-6:00PM Tennis Games w/ Toby (limit 16)	WEDNESDAY 10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12) 11:00AM-1:00PM Juniors Tennis – Ages 6-9 and 10-12 w/ Toby & Emily (limit 8 per age group) 1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10) 5:00PM-6:00PM Tennis Games w/ Toby (limit 16)	THURSDAY 10:00AM-10:30AM Racket Sports Conditioning w/ Justin (Functional playground) (limit 10) 10:00AM-11:00AM Patterns of Play w/ Toby (\$) (limit 8) 11:00AM-1:00PM Juniors Tennis – Ages 6-9 and 10-12 w/ Toby & Emily (limit 8 per age group) 5:30PM-7:00PM Thursday Night Round Robin w/ Toby & Michael (limit 8)	FRIDAY No Classes	SATURDAY 10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8) 11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
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TENNIS POP-UP CLASSES & EVENTS!

Sips & Swings

Saturday, August 19, 3:00PM-5:30PM

Bring a dish to share and your competitive edge. We will provide the beverages. We will be playing and hanging out until our faces hurt from smiling. Members: \$20; Non-Members: \$35. Advanced registration is required.

TENNIS CLASS & CLINIC DESCRIPTIONS

- CARDIO TENNIS – 60 minutes – Limited to 12 participants - You know it and you love it! This high intensity session combines drills and games to provide an opportunity to develop skills and 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
- JUNIORS TENNIS – Ages 6-9, and 10-12 – 120 minutes – Limited to 8 participants per age group – Teaching fundamentals for all levels of play, this program will give kids an introduction to a sport that will last a lifetime. One Session: \$60; One Week: \$200. No refunds for missed sessions.
- PATTERNS OF PLAY- 60 minutes – Limited to 8 participants – Focused on individual patterns of play. 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
- RACKET SPORTS CONDITIONING - 30 minutes – Limited to 6 participants – Join Justin in the functional playground to work on strength, agility, and conditioning exercises to complement your tennis or Pickleball game!
- TENNIS GAMES – 60 minutes – Limited to 16 participants - This clinic is a fun adult beginner tennis program combining the king of the court style tennis games from cardio tennis with basic drills to develop strong fundamentals. We use compression balls to make shots easier to control and the game more accessible. Great 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.

GROUP EXERCISE SCHEDULE – AUGUST 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 short and long-term membership information available upon request.

POP-UP CLASSES & EVENTS!

Tension Releasing Exercises (TRE®) with Carolyn
Saturday, August 12, 9:30AM-10:30AM

Exercises 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.

Dance Sculpt with Jimmy
Monday, August 28, 12:00PM-12:30PM

This Zumba-inspired 30-minute class perfectly balances dance moves and aerobic exercise. It's designed for you to dance your way into fitness while you sculpt your way into shape! Advanced registration is required.

POP-UP SUMMER PROGRAMMING

August Outdoor Walking Meditation with Vin
Tuesday 8/8 and 8/22, 9:30AM – 10:30AM

Walking meditation with energy exercises: tour the flower gardens and grounds of the Rockefeller mansion and take time to smell the roses and explore these beautiful spaces. Meet at the Billings Farm parking information hut.

NEW CLASSES & CLASS CHANGES!

Motivation Yoga with Kelley (day change)
Wednesdays at 7:30am – 8:30am

Join Kelley on Wednesday mornings instead of Monday mornings to get a fresh start on your day!

Express Hatha with Jimmy (day change)
Mondays at 7:30am – 8:30am

Move and breathe through the 26 postures of Bikram yoga in just 60 minutes! Join Jimmy on Monday mornings (formerly Thursday afternoon) for this great flow.

Cancelled: Boot Camp with Justin – Saturdays at 9:00am
& Stretching with Justin – Saturdays at 10:00am

Our Saturday Boot Camp and Stretch is coming off the schedule – for Boot Camp offerings join Rahm at 5:30pm Mondays, and Andrew's Power Hour at 5:45pm Wednesdays.

Cancelled: Pilates in-Studio with Angela – Wednesdays & Fridays at 8:30am
Angela offers her Pilates In-Studio on Mondays at 9:30am (for beginners, or a refresher), and Tuesdays at 8:30am (Intermediate/Advanced).

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.

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