

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM-8:30AM Express Hatha w/ Jimmy (Main Studio/r)	7:30AM-8:30AM Vinyasa Yoga w/ Erika (Main Studio)	6:45AM-7:30AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)	7:30AM-8:30AM Trapeze Yoga w/ Erika (Main Studio/limit: 6)	6:45AM-7:30AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)	8:30AM-9:15AM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	8:30AM-9:30AM Inferno Pilates w/ Jimmy (Main Studio/r)
7:30AM-8:15AM Cycling: Conditioning Ride w/ Maura (Cycling Studio/ limit 15)	8:30AM-9:30AM Pilates In Studio (Interm./Adv.) w/ Angela (Pilates Studio/\$ limit: 3)	7:30AM-8:30AM Motivation Yoga w/ Kelley (Main Studio)	8:45AM-9:45AM Barre w/ Carly (Main Studio/r limit: 20)	8:45AM-9:45AM Body Sculpt w/ Carly (Main Studio/r)	8:30AM-9:30AM AquaFit w/ Jimmy (Indoor Pool)	9:00AM-9:45AM Cycling: Road Ride w/ Eric (Cycling Studio/ limit 15)
8:45AM-9:45AM Body Sculpt w/ Carly (Main Studio/r)	8:45AM-9:45AM Barre w/ Carly (Main Studio/r limit: 20)	8:45AM-9:45AM Inferno Pilates w/ Jimmy (Main Studio/r)	10:00AM-10:30AM 30-Min Racket Sports Conditioning w/ Justin (Functional Playground)	10:00AM-11:30AM Flow & Restore Yoga w/ Amanda (Main Studio)	10:00AM-10:45AM Cycling: Conditioning Ride w/ Carly (Cycling Studio/ limit 15)	11:00AM-12:15PM Yin Yoga w/ Alyssa (Main Studio)
9:30AM-10:30AM Pilates-In-Studio (Intro/Refresher) w/ Angela (Pilates Studio/\$ limit: 3) No class 9/18	10:00AM-10:30AM 30-Min Racket Sports Conditioning w/ Justin (Functional Playground)	10:00AM-11:15AM Energy Medicine Yoga w/ Amanda (Main Studio)	10:00AM-11:15AM Gentle Flow Yoga w/ Shoshana (Main Studio)	12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	11:00AM-12:00PM Cardio Tennis w/ Toby (Tennis Courts)	
10:00AM-11:15AM Slow Flow Yoga w/ Amanda (Main Studio)	10:00AM-11:00AM AquaFit w/ Kerry (Indoor Pool)	10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	12:00PM-1:00PM PiYo w/ Jody (Main Studio/r)	12:30PM-1:30PM AquaFit w/ Kerry (Indoor Pool)	11:00AM-12:15PM Yin Yoga w/ Alyssa (Main Studio)	
10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	10:00AM-11:00AM Mat Pilates w/ Karen (Main Studio)	12:00PM-12:45PM Meditation Energy Boost w/ Vin (Main Studio)	12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	5:30PM-6:15PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)		
12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	11:15AM-12:30PM Kripalu Yoga w/ Annie (Main Studio)	12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	5:30PM-6:15PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)			
12:30PM-1:30PM AquaFit w/ Annie (Indoor Pool)	12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	12:30PM-1:30PM AquaFit w/ Jimmy (Indoor Pool)	5:30PM-6:45PM Yin Yoga w/ Alyssa (Main Studio)			
5:30PM-6:30PM Trapeze Yoga w/ Erika (Main Studio/limit: 6)	5:30PM-6:15PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	5:00PM-6:00PM Tennis Games w/ Toby (Tennis Courts)				
5:30PM-6:30PM Bootcamp w/ Rahm (Functional Playground)	5:00PM-6:00PM AquaFit w/ Bari (Indoor Pool)	5:30PM-6:15PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)				
5:30PM-6:15PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	6:30PM-7:30PM Vinyasa Flow w/ Jimmy (Main Studio)	5:45PM-6:45PM Power Hour w/ Andrew (Functional Playground)				
6:45PM-7:30PM Flexibility Training w/ Erika (Main Studio)						



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) 1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10) 3:00PM-4:30PM High School Clinic w/ Emily (\$) (limit 6) Starts 9/11	TUESDAY 10:00AM-11:00AM Patterns of Play w/ Toby (\$) (limit 8)	WEDNESDAY 10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12) 1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10) 3:00PM-4:30PM High School Clinic w/ Emily (\$) (limit 6) Starts 9/13 5:00PM-6:00PM Tennis Games w/ Toby (limit 16)	THURSDAY 10:00AM-11:00AM Patterns of Play w/ Toby (\$) (limit 8) 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!

Toby Vs. Emro
Saturday, September 16, 3:00PM-5:30PM
. 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
- 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
- HIGH SCHOOL CLINIC - 90 minutes – Limited to 6 participants – Emily will be coaching high school players, sharpening their skills and technique. Members: \$30; Non-members \$45
- 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 – SEPTEMBER 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, September 9, 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.

NEW CLASSES & CLASS CHANGES!

- Gentle Flow Yoga with Shoshana
Thursdays at 10:00am – 11:00am
Welcome back to Shoshana, and enjoy her gentle flow class on Thursday mornings. (Replaces Jimmy’s Slow Flow).
- AquaFit with Bari
Tuesdays at 5:00pm – 6:00pm
Also back for the indoor season, Bari teaches her popular ‘Body by Bari’ AquaFit class on Tuesday evenings.
- Vinyasa Flow with Jimmy
Tuesdays at 6:30pm – 7:30pm
Jimmy is offering a great Vinyasa flow class on Tuesday evenings to end the day on a positive note!

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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