

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – NOVEMBER 2023

MONDAY

7:30AM-8:15AM
Cycling: Conditioning Ride
 w/ Maura (Cycling Studio/ limit 15)

7:30AM-8:30AM
Express Hatha
 w/ Jimmy (Main Studio/r)

8:45AM-9:45AM
Body Sculpt
 w/ Carly (Main Studio/r)

9:30AM-10:30AM
Pilates-In-Studio (Intro/Refresher)
 w/ Angela (Pilates Studio/\$ limit: 3)

10:00AM-11:15AM
Slow Flow Yoga
 w/ Amanda (Main Studio)

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

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

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

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

TUESDAY

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

8:30AM-9:30AM
Pilates In Studio (Interm./Adv.)
 w/ Angela (Pilates Studio/\$ limit: 3)

8:45AM-9:45AM
Barre
 w/ Carly (Main Studio/r limit: 20)

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

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

11:15AM-12:30PM
Kripalu Yoga
 w/ Annie (Main Studio)

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

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

5:30PM-6:15PM
Cycling: Conditioning Ride
 w/ Maura (Cycling Studio/ limit 15)

6:00PM-7:00PM
Cardio Tennis
 w/ Toby (Tennis Courts)

6:30PM-7:30PM
Vinyasa Flow
 w/ Jimmy (Main Studio)

WEDNESDAY

7:30AM-8:15AM
Cycling: Classic Road
 w/ Eric (Cycling Studio/ limit 15)

7:30AM-8:30AM
Motivation Yoga
 w/ Kelley (Main Studio)

8:45AM-9:45AM
Inferno Pilates
 w/ Jimmy (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/ Jimmy (Indoor Pool)

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

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

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

6:45PM-7:30PM
Flexibility Training
 w/ Erika (Main Studio)

THURSDAY

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

8:45AM-9:45AM
Barre
 w/ Carly (Main Studio/r limit: 20)

10:00AM-11:00AM
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: Conditioning Ride
 w/ Bonnie (Cycling Studio/ limit 15)

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

FRIDAY

7:30AM-8:15AM
Cycling: Classic Road
 w/ Eric (Cycling Studio/ limit 15)

8:45AM-9:45AM
Body Sculpt
 w/ Carly (Main Studio/r)

10:00AM-11:30AM
Flow & Restore 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)

SATURDAY

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

8:30AM-9:30AM
AquaFit
 w/ Jimmy (Indoor Pool)

10:00AM-10:45AM
Cycling: Conditioning Ride
 w/ Carly (Cycling Studio/ limit 15)

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

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

SUNDAY

8:30AM-9:30AM
Inferno Pilates
 w/ Jimmy (Main Studio/r)
No class November 12

9:00AM-9:45AM
Cycling: Road Ride
 w/ Eric (Cycling Studio/ limit 15)

10:00AM-11:15AM
Yin Yoga
 w/ Alyssa (Main Studio)
No class November 5



Star indicates a new class, new day/time, or new instructor – (r) indicates class available remotely



Woodstock
Athletic Club

ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	8:30AM-10:00AM Tennis Only Bookings Indoor Court #1&2 *begins 11/20	8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	8:30AM-10:00AM Tennis Only Bookings Indoor Court #1&2 *begins 11/20	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)
10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)	12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)	6:00PM-7:00PM Cardio Tennis w/ Toby (limit 12) New time! 	1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)	4:30PM-6:00PM Thursday Night Round Robin w/ Toby & Michael (limit 8)		12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)
3:30PM-4:30PM High School Clinic w/ Emily (\$) (limit 6)		3:30PM-4:30PM High School Clinic w/ Emily (\$) (limit 6)			
		5:00PM-6:00PM Tennis Games w/ Toby (limit 16)			

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

HIGH SCHOOL CLINIC - 60 minutes – Limited to 6 participants – Emily will be coaching high school players, sharpening their skills and technique. Members: \$20; Non-members \$35

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. Great music and a general party atmosphere!

THURSDAY NIGHT ROUND ROBIN – 90 minutes – Limited to 8 participants - Come one, come all to our Thursday Night Round Robin, and enjoy casual doubles match play. 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.

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.

GROUP EXERCISE SCHEDULE – NOVEMBER 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, November 4, 9:30AM-10:30AM and
Friday, November 17, 12:00PM – 1:00PM

Exercises to release stress and tension held deep in the muscles and connective tissue. This is a great post-workout recovery to calm your nervous system and allow your body to return to a balanced state. Advance registration is required.

Pop-Up Trapeze Yoga Open House with Erika
Sunday, November 5, 9:45AM – 11:00AM

A low-commitment way try Trapeze Yoga, without taking a full class! Drop in and try out a couple of movements with the silks. No experience required. Register in advance – please plan to arrive on a quarter-hour (e.g., 9:45a, 10a, 10:15a, etc.)

Pop-Up Deep Rest Yoga with Shoshana
Sunday, November 5, 4:00PM – 5:30PM

Enjoy restorative yoga, and guided Yoga Nidra meditation. Perfect rejuvenation if the time change affects you! Advance registration is required.

Pop-Up Trapeze Yoga with Erika
Monday, November 5, 5:30PM – 6:30PM and
Monday, November 20, 5:30PM – 6:30PM

No prior experience required! If you've been thinking of trying Trapeze Yoga, Erika is offering two extra pop-up classes this month. Advanced registration is required.

Health Coach Office Hours with Richard
Wednesdays in November 5, 10:00AM – 11:00AM (starts 11/8)

Drop in to our Integrative Health Coaching space on the lower floor to chat with Richard, and find out more about the health coaching process! No registration required.

Mindful Visioning with Richard
Tuesday, November 7, 5:00PM – 6:00PM

An introduction to guided mindful visioning, using health coaching techniques to lead you to optimal wellness. Participants from the last pop-up described this as "powerful", and "motivating".

NEW CLASSES & CLASS CHANGES

Cycling Conditioning Ride
Tuesdays at 5:30pm – 6:15pm – with Maura
Thursdays at 5:30pm – 6:15pm – with Bonnie

45 minutes of indoor cycling set to an awesome playlist – our evening classes fill up fast, advance registration required!

Yin Yoga with Alyssa – new time on Sunday!
Sundays at 10:00am – 11:15am

Saturday remains at 11:00am, but Alyssa's Sunday class moves an hour earlier – starting 11/12!