


WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM-8:15AM Cycling: Conditioning Ride w/ Maura (Cycling Studio/ limit 15)	7:30AM-8:30AM Trapeze Yoga w/ Erika (Main Studio/limit: 6)	7:30AM-8:15AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)	7:30AM-8:30AM Vinyasa Yoga w/ Erika (Main Studio)	7:30AM-8:15AM 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-8:30AM Express Hatha w/ Jimmy (Main Studio/r)	8:30AM-9:30AM Pilates In Studio (Interm./Adv.) w/ Angela (Pilates Studio/\$ limit: 3)	7:30AM-8:30AM Stretch & Strengthen w/ Jimmy (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-11:00AM Gentle Flow Yoga w/ Shoshana (Main Studio)	10:00AM-11:30AM Flow & Restore Yoga w/ Amanda (Main Studio)	10:00AM-10:45AM Cycling: Conditioning Ride w/ Carly (Cycling Studio/ limit 15)	10:00AM-11:15AM Yin Yoga w/ Alyssa (Main Studio)
9:30AM-10:30AM Pilates-In-Studio (Intro/Refresher) New Year's Day, 1/1 only: at 10:30AM w/ Angela (Pilates Studio/\$ limit: 3)	10:00AM-11:00AM AquaFit w/ Kerry (Indoor Pool)	10:00AM-11:15AM Energy Medicine Yoga w/ Amanda (Main Studio)	12:00PM-1:00PM PiYo w/ Jody (Main Studio/r)	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 Mat Pilates w/ Karen (Main Studio)	10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	12:00PM-12:30PM Dance Sculpt w/ Jimmy (Main Studio)	11:00AM-12:15PM Yin Yoga w/ Alyssa (Main Studio)	
11:00AM-12:00PM Cardio Tennis w/ Toby (Tennis Courts)	11:15AM-12:30PM Kripalu Yoga w/ Annie (Main Studio)	12:00PM-12:45PM Meditation Energy Boost w/ Vin (Main Studio)	5:30PM-6:15PM Cycling: Conditioning Ride w/ Bonnie (Cycling Studio/ limit 15)	12:30PM-1:30PM AquaFit w/ Kerry (Indoor Pool)		
12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	12:00PM-12:45PM Cycling: FreeBeats w/ Virtual Instructor (Cycling Studio)	5:30PM-6:45PM Yin Yoga w/ Alyssa (Main Studio)			
12:30PM-1:30PM AquaFit w/ Annie (Indoor Pool)	5:00PM-6:00PM AquaFit w/ Bari (Indoor Pool)	12:30PM-1:30PM AquaFit w/ Jimmy (Indoor Pool)				
5:30PM-6:30PM Bootcamp w/ Rahm (Functional Playground)	5:30PM-6:15PM Cycling: Conditioning Ride w/ Maura (Cycling Studio/ limit 15)	5:00PM-6:00PM Tennis Games w/ Toby (Tennis Courts)				
	6:00PM-7:00PM Cardio Tennis w/ Toby (Tennis Courts)	5:30PM-6:30PM Trapeze Yoga w/ Erika (Main Studio/limit: 6)				
	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, new day/time, or new instructor – (r) indicates class available remotely



ALL-ACCESS TENNIS CLASSES & CLINICS

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

Australian Open Round Robin
Saturday, January 27, 3:00PM-5:30PM

Celebrate the close of the Australian Open in Melbourne with a round robin social event. Prizes and light snacks provided – BYOB! Advance registration is required – Members: \$20, Non-Members: \$35

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 10 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 – JANUARY 2024

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, January 13, 9:30AM-10:30AM and
Monday, January 8, 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.

Guided Visioning – Become the Best Version of YOU, with Richard
Tuesday, January 9, 16, 23, and 30, 5:00PM – 6:00PM

If you're looking to make changes to your habits and routines in the new year, this class is designed for you to discover the best version of YOU. You will begin with a mindfulness exercise, learn about the impact of using all areas of wellness to create optimal health, and be led in a guided vision of your future selves. You'll have time for reflection and journaling. Advance registration is required.

NEW CLASSES & CLASS CHANGES

Dance Sculpt with Jimmy (NEW!)
Fridays, 12:00PM – 12:30PM

A perfect lunchtime workout for your Friday! This Zumba-inspired 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! And besides being a lot of fun, it's great for the cardiovascular and respiratory systems. Advance registration is required.

802-457-6656 | athleticclub@woodstockinn.com
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