

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – FEBRUARY 2024

MONDAY

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)

5:30PM-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
Stretch & Strengthen
w/ Jimmy (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)

12:00PM-12:30PM
Dance Sculpt
w/ Jimmy (Main Studio)

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

SATURDAY

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)

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

10:00AM-11:15AM
Yin Yoga
w/ Alyssa (Main Studio)

SCHEDULING NOTE:

AquaFit classes will not take place during Presidents Week, from Monday, February 19th through Saturday, February 24th, inclusive.

(r) indicates class available remotely



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	8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:30AM Tennis Only Bookings Indoor Court #1&2	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)	3:30PM-4:30PM High School Clinic w/ Emily (\$) (limit 6)	4:30PM-6:00PM Thursday Night Round Robin w/ Toby & Michael (limit 10)		12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)
3:30PM-4:30PM High School Clinic w/ Emily (\$) (limit 6)		5:00PM-6:00PM Tennis Games w/ Toby (limit 16)			SUNDAY No Classes

POP-UP RACKET EVENTS

LOVE ALL

Tennis Event with Toby & Emily
Saturday, February 17, 3:00PM-5:00PM
50% of proceeds go to the American Heart Association

Celebrate your love of tennis at our Love All Round Robin and support a great cause! BYOB & please bring a dish to share! Advance registration is required – Members: \$30, Non-Members: \$45

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 – FEBRUARY 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

WORK LIFE BALANCE – Health Coaching class with Richard

Tuesday, February 6 *and* Tuesday, February 20

5:00PM-6:00PM

Are you struggling with separating work life from home life? Try this guided group class, focused on finding balance between work and life.

DEEP REST YOGA – with Shoshana

Sunday, February 11

4:30PM-5:30PM

Gentle Flow, Restorative Yoga, and guided Yoga Nidra for full relaxation!

T.R.E. – Tension Release Exercises with Carolyn

Monday, February 12

12:00PM-1:00PM

Unique stress relief through activating natural somatic shaking!

SLEEP AND REST – Health Coaching class with Richard

Tuesday, February 13 *and* Tuesday, February 27

5:00PM-6:00PM

If you want to wake up feeling well-rested, join us for this collaborative guided group class. You will be focusing on the importance on sleep and rest to your optimal health and wellness.

TRAPEZE YOGA – with Erika

Monday, February 19 – Presidents Day

2:30PM-3:30PM

Try something new and enjoy the freedom of Trapeze Yoga using silks!

SUNDAY VIBES with Carolyn

Sunday, February 25

3:00PM-4:15PM

Tension Release Exercises, as well as a deep stretching session will make this your most relaxing Sunday!

NEW CLASSES & CLASS CHANGES

Aqua Fit with Bari

Removed from schedule Tuesdays at 5pm

Cycling with Maura

Removed from schedule Mondays at 7:30am only!