

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – MARCH 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)

**10:00AM-11:00AM** ★  
**Cardio Tennis**  
w/ Toby (Tennis Courts)

**12:30PM-1:30PM** ★  
**Motivation Yoga**  
w/ Kelley (Main 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)

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

**6:00PM-7:30PM** ★  
**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)

**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)

**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-12:30PM**  
**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)



Star indicates new class, new instructor, or time change ( r ) indicates class available remotely



ALL-ACCESS TENNIS CLASSES & CLINICS

<b>MONDAY</b> <b>8:30AM-10:00AM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)  <b>10:00AM-11:00AM</b> <b>Cardio Tennis</b> ★ w/ Toby (limit 12)  <b>3:30PM-4:30PM</b> <b>High School Clinic</b> w/ Emily (\$) (limit 6) Last day 3/18	<b>TUESDAY</b> <b>8:30AM-10:00AM</b> <b>Tennis Only</b> <b>Bookings</b> Indoor Court #1&2  <b>12:30PM-2:00PM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)  <b>6:00PM-7:30PM</b> <b>Cardio Tennis</b> ★ w/ Toby (limit 12)	<b>WEDNESDAY</b> <b>8:30AM-10:00AM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)  <b>10:00AM-11:00AM</b> <b>Cardio Tennis</b> w/ Toby (limit 12)  <b>3:30PM-4:30PM</b> <b>High School Clinic</b> w/ Emily (\$) (limit 6) Last day 3/20	<b>THURSDAY</b> <b>10:00AM-11:30AM</b> <b>Tennis Only</b> <b>Bookings</b> Indoor Court #1&2  <b>12:30PM-2:00PM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)  <b>4:30PM-6:00PM</b> <b>Thursday Night</b> <b>Round Robin</b> w/Michael (limit 10)	<b>FRIDAY</b> <b>No Classes</b>	<b>SATURDAY</b> <b>10:00AM-11:00AM</b> <b>Doubles Play</b> w/ Toby (\$) (limit 8)  <b>11:00AM-12:00PM</b> <b>Cardio Tennis</b> w/ Toby (limit 12)  <b>12:30PM-2:00PM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)  <b>SUNDAY</b> <b>No Classes</b>
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POP-UP RACKET EVENTS

Luck of the Draw Round Robin  
Saturday, March 16, 3:00PM-5:30PM

Feeling lucky? Come join us for a fun round robin event this month. Prizes and light snacks provided – BYOB! Advance registration is required – Members: \$20, Non-Members: \$35

It’s a Pickleball Thing  
Wednesday, March 13, 6:00PM-7:30PM

Pickleball curious? Come join us for a relaxed, super-fun Pickleball outing! Beginners welcome for tunes, laughs and Pickleball basics. Advance 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
- 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
- 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 – MARCH 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, March 9, 9:30AM-10:30AM and  
Friday, March 29, 1:00PM-2:00PM

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.

SLEEP AND REST – Health Coaching class with Richard  
Tuesday, March 5 and Tuesday, March 19  
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.

WORK LIFE BALANCE – Health Coaching class with Richard  
Tuesday, March 12 and Tuesday, March 26  
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.

★ NEW CLASSES & CLASS CHANGES

Motivation Yoga with Kelley  
Mondays 12:30pm – 1:30pm

We welcome back Kelley with her uplifting Motivation Yoga! A perfect Monday lunchtime reset.

Cardio Tennis on Mondays: time change to 10:00AM – 11:00AM  
and, on Tuesday evenings, Cardio Tennis is now 90 minutes, from 6:00PM – 7:30PM

Tennis Games is removed from the schedule on Wednesday evenings.

802-457-6656 | athleticclub@woodstockinn.com  
www.woodstockinn.com