

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – OCTOBER 2024

MONDAY

6:30AM-7:30AM

HIIT Pump

w/ Steph (Main Studio)

7:45AM-8:30AM 

Stretch & Mobility

w/ Michael (Main Studio)

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)

11:30AM-12:15PM

Chair Yoga

w/ Annie (Main Studio)

12:30PM-1:30PM

AquaFit

w/ Annie (Indoor Pool)

5:45PM-6:45PM

Bootcamp

w/ Rahm (Functional Playground)

TUESDAY

6:30AM-7:15AM

Cycling: Conditioning Ride

w/ Maura (Cycling Studio/ limit 15)

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/ limit: 22/r)

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)

5:00PM-6:00PM 

AquaFit

w/ Bari (Indoor Pool)

5:30PM-6:30PM 

Functional Strength

Training

w/ Michael (Functional Playground)

6:00PM-7:30PM

Cardio Tennis

w/ Toby (Tennis Courts)

WEDNESDAY

6:30AM-7:30AM

HIIT Pump

w/ Steph (Main Studio)

7:30AM-8:15AM

Cycling: Classic Road

w/ Eric (Cycling Studio/ limit 15)

7:45AM-8:30AM 

Stretch & Mobility

w/ Michael (Main Studio)

8:45AM-9:45AM

Power Flow

w/ Kelley (Main Studio)

10:00AM-11:15AM

Energy Medicine Yoga

w/ Amanda (Main Studio)

10:00AM-11:00AM

Cardio Tennis

w/ Toby (Tennis Courts)

12:30PM-1:30PM

AquaFit

w/ Malgorzata (Indoor Pool)

2:00PM-2:45PM 

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)

THURSDAY

7:30AM-8:30AM

Vinyasa Yoga

w/ Erika (Main Studio)

8:45AM-9:45AM

Barre

w/ Carly (Main Studio/ limit: 22/r)

10:00AM-11:00AM

Gentle Flow Yoga

w/ Shoshana (Main Studio)

12:00PM-1:00PM

PiYo

w/ Jody (Main Studio/r)

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)

11:45AM-12:15PM

Get Up

w/ Rory (Main Studio)

12:30PM-1:30PM

AquaFit

w/ Kerry (Indoor Pool)

SATURDAY

8:00AM-9:00AM 

Yoga for Strength, Stability

& Balance

w/ Nathalie (Main Studio)

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)

9:00AM-9:45AM

Cycling: Classic Road

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



**Woodstock
Athletic Club**

ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	10:00AM-11:00AM Patterns of Play w/ Toby (limit 8)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)
	1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)		4:30PM-6:00PM Thursday Night Round Robin w/Michael (limit 10)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
	5:30PM-7:00PM Cardio Tennis w/ Toby (limit 12)				1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)
				SUNDAY No Classes	

TENNIS CLASS & CLINIC DESCRIPTIONS

CARDIO TENNIS – 60 or 90 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

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.

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

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 – OCTOBER 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, October 12, 8:30AM-9:30AM
and
Friday, October 25, 12:30PM-1:30PM

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.

Mindfulness Journaling – 6-week Course with Richard
Tuesdays, 5:30pm – 6:30pm, beginning Tuesday, October 8
\$175 non-members, \$125 members

Journaling improves your overall well-being by improving self-awareness, regulating emotions, increasing positive self-talk, reducing anxiety, & more. This 6-week course includes sessions in a small group setting with Nationally Board-Certified Integrative Health Coach Richard Enderlin, & a journal to take home and keep. Experience the power of guided visioning & journaling to build a habit that lasts a lifetime.

NEW CLASSES & CLASS CHANGES

***NEW!* Stretch & Mobility** with Michael is new on the schedule for **Monday and Wednesday mornings at 7:45am – 8:30am**. Geared toward people of all ages and backgrounds, this class focuses on increasing flexibility through a variety of postures and poses. Balance exercises included to allow for mobility and functional fitness.

***NEW!* Functional Strength Training** with Michael in the functional playground on the gym floor, **Tuesday evening at 5:30pm – 6:30pm**. You will focus on exercises that help you safely and efficiently perform activities in everyday life. These whole-body movements will not only strengthen individual muscle groups, but improve form, balance and coordination.

***NEW!* Yoga for Strength, Stability and Balance** with Nathalie, **Saturday morning at 8:00am – 9:00am**. This class emphasizes low-back care with core strength, hip and pelvis stability, and balance poses.

***NEW!* AquaFit** with Bari returns to the pool **Tuesday evening at 5:00pm – 6:00pm**. Join Bari for a fun, challenging class in the water!

***TIME CHANGE!* Meditation Energy Boost** with Vin shifts to slightly later on **Wednesday afternoon**. Join Vin at **2:00pm – 2:45pm** to shake off fatigue and fill your day with vibrant energy. No prior meditation experience required - just a willingness to recharge and refresh!

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