

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – APRIL 2025

MONDAY

6:30AM-7:30AM

HIIT Pump
w/ Steph (Main Studio)

8:45AM-9:45AM

Inferno Pilates
w/ Jimmy (Main Studio)

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/ Amanda (Main Studio)

5:45PM-6:45PM

Bootcamp
w/ Rahm (Functional Training Room)

TUESDAY

6:45AM-7:30AM

Cycling: Conditioning Ride
w/ Maura (Cycling Studio/ limit 14)

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: 18/r)

10:00AM-11:00AM

Mat Pilates
w/ Karen (Main Studio)

11:30AM-12:30PM

AquaFit
w/ Kerry (Indoor Pool)
Cancelled 4/15

5:00PM-6:00PM

AquaFit
w/ Bari (Indoor Pool)
Cancelled 4/15

5:30PM-7:00PM

Cardio Tennis
w/ Toby (Tennis Courts/\$/limit12)



WEDNESDAY

6:30AM-7:30AM

HIIT Pump
w/ Steph (Main Studio)

7:30AM-8:15AM

Cycling: Classic Road
w/ Eric (Cycling Studio/ limit 15)

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)

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 Training Room)

6:00PM-7:00PM

Adult Beginner Tennis
w/ Toby (Tennis Courts)

THURSDAY

7:15AM-8:30AM

Flex & Flow Yoga
w/ Erika (Main Studio)

8:45AM-9:45AM

Barre
w/ Carly (Main Studio/ limit: 18/r)

10:00AM-11:00AM

Gentle Flow Yoga
w/ Shoshana (Main Studio)

10:30AM-11:30AM

Cardio Pickleball
w/ Booie (Tennis Courts/limit: 6)

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/ Caroline (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)
Cancelled 4/18

SATURDAY

8:15AM-9:15AM

**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

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

ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	10:30AM-11:30AM Intermediate 2.5-3.5 Pickleball Clinic w/Booie (\$) (limit 8) Cancelled 4/15	7:00AM-10:00AM Tennis Only Bookings Indoor Court #1&2	10:30AM-11:30AM Cardio Pickleball w/Booie (limit 6) Cancelled 4/17	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)
11:00AM-12:30PM Interm/Adv 3.5+ Pickleball Clinic w/Booie (\$) (limit 4) Cancelled 4/14	11:30AM- 1:00PM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	11:30AM- 1:00PM Open Pickleball Indoor Court #2 (limit 10)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)	6:00PM-7:00PM Adult Beginner Tennis w/ Toby (limit 16)	4:30PM-6:00PM Thursday Night Round Robin w/ Michael (limit 10)		12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)
				SUNDAY No Classes	

POP-UP RACKET EVENTS

Mud Season Mixer Pickleball Tournament - Sunday, April 27, 2:00PM-5:00PM

Join us for this mud season tournament. Up to 18 players, with two divisions of 9 players each. Have fun and enjoy some competitive play! Advance registration is required – Members: \$20, Non-Members: \$35.

TENNIS CLASS & CLINIC DESCRIPTIONS

CARDIO TENNIS – 60 – 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) For the 90-minute session: Members \$8; Non-members \$25

CARDIO PICKLEBALL – 60 minutes – Limited to 6 participants – Have fun and enjoy the music with a cardio session designed to develop skills and get a great workout. (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

ADULT BEGINNER TENNIS– 60 minutes – Limited to 16 participants - A fun adult beginner tennis program combining king of the court style tennis games with basic drills to develop strong fundamentals. Great music and a 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.

PICKLEBALL CLINIC (Intermediate/Advances 3.5+ and Intermediate 2.5-3.5) – 60 minutes – Limited to 4 participants (interm/adv) and 8 participants (interm) – Improve your overall play or learn to play! Serving, footwork and shot placement are just some of the techniques you'll learn to elevate your game. 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 – APRIL 2025

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
Tuesday, April 8, 12:00PM – 1:00PM
and
Saturday, April 12, 9:30AM-10:30AM

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.

Spring Cleaning with Richard
Saturday, April 19, 12:30PM – 1:30PM
and
Tuesday, April 22, 5:30PM-6:30PM

Clear away old habits, make room for new ones. Together we will break down how we are spending our time, determine which habits are serving us, and which are not. Allow room to incorporate more productive and healthy habits to fill our days as we head into Spring and Summer!

Advance registration is required for all pop-up events

NEW CLASSES & CLASS CHANGES

Evening **Indoor Cycling** has ended, but Maura is teaching **Tuesday mornings from 6:45am – 7:30am** beginning April 1!

AquaFit with Malgorzata on Wednesdays at 12:30pm has been removed from the schedule for most of April, but will return on Wednesday, April 30.

PLEASE NOTE:

No AquaFit classes take place during Spring Break, from Monday April 14 – Friday April 18

802-457-6656 | athleticclub@woodstockinn.com
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