

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – MARCH 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

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)

5:00PM-6:00PM

AquaFit
w/ Bari (Indoor Pool)

5:30PM-6:15PM

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

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)

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 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)

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



**Woodstock
Athletic Club**

ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	10:30AM-11:30AM Intermediate 2.5-3.5 Pickleball Clinic w/Booie (\$) (limit 8)	7:00AM-10:00AM Tennis Only Bookings Indoor Court #1&2	10:30AM-11:30AM Cardio Pickleball w/Booie (limit 6)	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8) Cancelled 3/15
11:00AM-12:30PM Interm/Adv 3.5+ Pickleball Clinic w/Booie (\$) (limit 4)	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) Cancelled 3/15
	1:00PM- 3:00PM Competitive Pickleball Round Robin w/Booie (\$) (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)
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)				SUNDAY No Classes

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)

COMPETITIVE PICKLEBALL ROUND ROBIN – 120 minutes – Limited to 12 participants – Join in on a competitive Round Robin with a leaderboard run by Booie. The lucky winner receives free entry to the following week’s competition (you can’t win entry two weeks in a row, but you can have bragging rights!). Members: \$8; Non-members: \$25.

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 – MARCH 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
Saturday, March 8, 9:30AM-10:30AM

and

Tuesday, March 11, 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.

One Goal with Richard
Sunday, March 23, 12:00PM – 1:00PM

and

Tuesday, March 25, 5:30PM-6:30PM

Through a creative exploration of the Wheel of Health, walk away with one goal on your way to becoming a better version of you!

POP-UP RACKET EVENTS

Luck of the Draw - Saturday, March 15, 3:00PM-5:00PM

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

Learn to Play Pickleball Clinic - Saturday, March 27, 1:00PM-2:00PM

The clinic is designed for those with no Pickleball experience. Come see what all the hype is about, you won’t regret it! All you need is your sneakers. Limit 6 (one court). 1pm. Advance registration is required – Members: \$20, Non-Members: \$35.

Advance registration is required for all pop-up events

NEW CLASSES & CLASS CHANGES

AquaFit with Annie on Mondays at 12:30pm has been removed from the schedule.

Nathalie’s **Yoga for Strength, Stability & Balance** on Saturdays starts 15 minutes later: **8:15am – 9:15am**.

Amanda will be teaching **Chair Yoga** on **Mondays at 11:30am** in March!