

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM-7:30AM HIIT Pump w/ Steph (Main Studio)	6:45AM-7:30AM Cycling: Conditioning Ride w/ Maura (Cycling Studio/ limit 15)	6:30AM-7:30AM HIIT Pump w/ Steph (Main Studio)	8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 19/r)	7:45AM-8:30AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)	8:00AM-9:00AM Vinyasa Yoga w/ Jimmy (Main Studio)	9:00AM-9:45AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)
8:45AM-9:45AM Inferno Pilates w/ Jimmy (Main Studio)	7:30AM-8:30AM Trapeze Yoga w/ Erika (Main Studio/limit: 6)	7:45AM-8:30AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15) No class 7/2	10:00AM-11:00AM Gentle Flow Yoga w/ Annie (Main Studio)	8:45AM-9:45AM Body Sculpt w/ Caroline (Main Studio/r)	10:00AM-10:45AM Cycling: Conditioning Ride w/ Carly (Cycling Studio/ limit 15)	10:00AM-11:15AM Yin Yoga w/ Alyssa (Main Studio)
9:30AM-10:30AM Pilates In-Studio (Intro/Refresher) w/ Angela (Pilates Studio/\$ limit: 3)	8:30AM-9:30AM Pilates In-Studio (Interm./Adv.) w/ Angela (Pilates Studio/\$ limit: 3)	8:45AM-9:45AM Power Flow w/ Kelley (Main Studio)	10:30AM-11:30AM Cardio Pickleball w/ Booie (Tennis Courts/limit: 6)	10:00AM-11:30AM Flow & Restore Yoga w/ Amanda (Main Studio)	11:00AM-12:00PM Cardio Tennis w/ Toby (Tennis Courts)	
10:00AM-11:15AM Slow Flow Yoga w/ Amanda (Main Studio)	8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 19/r)	10:00AM-11:15AM Energy Medicine Yoga w/ Amanda (Main Studio)	12:00PM-1:00PM PiYo w/ Jody (Main Studio/r)	11:30AM-12:30PM AquaFit w/ Kerry (Indoor Pool) No class 7/4	11:00AM-12:15PM Yin Yoga w/ Alyssa (Main Studio)	
10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	10:00AM-11:00AM Mat Pilates w/ Karen (Main Studio)	10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)		11:45AM-12:15PM Get Up w/ Rory (Main Studio)		
11:30AM-12:15PM Chair Yoga w/ Annie (Main Studio)	11:30AM-12:30PM AquaFit w/ Kerry (Indoor Pool)	11:30AM-12:30PM AquaFit w/ Malgorzata (Indoor Pool)				
12:30PM-1:30PM AquaFit w/ Annie (Indoor Pool)	5:30PM-7:00PM Cardio Tennis w/ Toby (Tennis Courts/\$/limit12)	5:30PM-6:30PM Trapeze Yoga w/ Erika (Main Studio/limit: 6) No class 7/9				
	5:45PM-6:30PM Meditation Energy Boost w/ Vin (Main Studio)	5:45PM-6:45PM Power Hour w/ Andrew (Functional Training Room)				
		6:00PM-7:00PM Adult Beginner Tennis w/ Toby (Tennis Courts)				



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)	9:30AM-10:30AM Stroke of the Day w/ Toby/Ken (\$) (limit 8) (starts July 8)	8:00AM–9:00AM Pickleball Clinic w/Booie (\$) (limit 8)	9:30AM-10:30AM Doubles Play w/ Toby/Ken (\$) (limit 8) (Starts July 10)	No Classes	10:00AM-11:00AM Doubles Play w/ Toby/Ken (\$) (limit 8)
11:00AM–1:00PM Juniors Tennis w/Maggie (\$) (limit 8 – ages 8-12years)	10:30AM–11:30AM Pickleball Clinic w/Booie (\$) (limit 8)	10:00AM- 11:00AM Cardio Tennis w/ Toby (limit 12)	10:30AM–11:30AM Cardio Pickleball w/Booie (limit 6)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
11:00AM–12:00PM Pickleball Clinic w/Booie (\$) (limit 4)	11:00AM–1:00PM Juniors Tennis w/Maggie (\$) (limit 8 – ages 8-12years)	11:00AM–1:00PM Juniors Tennis w/Maggie (\$) (limit 8 – ages 8-12years)	11:00AM–1:00PM Juniors Tennis w/Maggie (\$) (limit 8 – ages 8-12years)		
	11:30AM- 1:00PM Open Pickleball Indoor Court #2 (limit 10)	6:00PM-7:00PM Adult Beginner Tennis w/ Toby (limit 16)	11:30AM- 1:00PM Open Pickleball Indoor Court #2 (limit 10)		SUNDAY No Classes
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)		4:30PM-6:00PM Round Robin w/ Michael (limit 10)		

POP-UP RACKET EVENTS

Mid-Summer Slam - Saturday, July 19, 3:00PM-5:30PM

A round robin tennis event, with a shortened format and prizes for the top performers. BYOB and a bite to share and we'll hang out until the sun goes down! Advance registration is required, – Members: \$20, Non-Members: \$35.

Learn to Play Pickleball – Thursday, July 10, 1:00PM-2:00PM and Tuesday, July 29, 1:00PM-2:00PM

Our popular learn to play clinic with Booie is back (twice!) this month. Have you been wanting to try this popular sport? Here's your chance! Advance registration is required, – Members: \$20, Non-Members: \$35.

TENNIS CLASS & CLINIC DESCRIPTIONS

- CARDIO TENNIS – 60 – 90 mins – 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 mins – 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 mins – Limited to 8 participants - All things doubles! We'll talk tactics, positioning, anticipating, and putting the ball away. We'll end every session with service game/match play. (NTRP 3.0+) Members: \$20; Non-members \$35
- ADULT BEGINNER TENNIS– 60 mins – 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!
- JUNIORS TENNIS– 120 mins – Limited to 8 participants, ages 8–12 years - Through games and drills junior players will learn grips, strokes, volleys, and serves. Get an early start in a sport that kids can enjoy for a lifetime. Please provide a water bottle and a snack/lunch! \$55 per participant
- STROKE OF THE DAY – 60 mins – Limited to 8 participants - We'll choose one stroke each week, and practice and refine it – forehand, backhand, approach, slice, overhead, serve, and volley. Members: \$20; Non-members \$35
- THURSDAY NIGHT ROUND ROBIN – 90 mins – 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 – 60 mins – Limited to 4 participants – 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

GROUP EXERCISE SCHEDULE – JULY 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, July 12, 9:30AM-10:30AM

and

Tuesday, July 22, 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.

Advance registration is required for all pop-up events

NEW CLASSES & CLASS CHANGES

* New Instructor* - Gentle Flow Yoga on Thursdays at 10:00am – 11:00am will be taught by Annie

* New Class* - Vinyasa Yoga with Jimmy – Saturdays 8:00am – 9:00am

* Off Schedule* - The following classes have been removed from the schedule for July:

• Bootcamp on Monday night

• Yin Yoga on Thursday night

• Yoga for Strength, Stability & Balance on Saturday morning