

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – AUGUST 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) no class 8/29	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 8/27	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)	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)				
	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)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	9:30AM-10:30AM Doubles Play w/ Toby/Ken (\$) (limit 8)	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) Ends 8/11	10:30AM–11:30AM Pickleball Clinic w/Booie (\$) (limit 8) no clinic 8/5	11:00AM–1:00PM Juniors Tennis w/Maggie (\$) (limit 8 – ages 8-12years) Ends 8/13	10:30AM–11:30AM Cardio Pickleball w/Booie (limit 6) no class 8/7		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
	11:00AM–1:00PM Juniors Tennis w/Maggie (\$) (limit 8 – ages 8-12years) Ends 8/12	6:00PM-7:00PM Adult Beginner Tennis w/ Toby (limit 16)	11:00AM–1:00PM Juniors Tennis w/Maggie (\$) (limit 8 – ages 8-12years) Ends 8/14		
	11:30AM- 1:00PM Open Pickleball Indoor Court #2 (limit 10)		4:30PM-6:00PM Round Robin w/ Michael (limit 10)		SUNDAY No Classes
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)				

POP-UP RACKET EVENTS

Learn to Play Pickleball

Tuesday, August 12, 1:00PM-2:00PM,

Thursday, August 21, 1:00PM-2:00PM,

and Thursday, August 28, 1:00PM-2:00PM

Our popular learn to play clinic with Booie is back (three times!) 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. Ends Thursday, August 14th
- 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 – AUGUST 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, August 2, 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.

Summer Self-Assessment with Richard

Sunday, August 10, 8:45AM-9:45AM

and

Sunday, August 24, 8:45AM - 9:45AM

Do an end-of-summer check in on your overall health, using a self-assessment based on the wheel of health. You'll use your assessment to focus on what your next steps can be to invest in your future self. (Please note: you do not need to attend both classes - they are offered twice for scheduling options!)

Advance registration is required for all pop-up events