

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>6:15AM-7:15AM★ HIIT Pump w/ Steph (Main Studio)</div> <div>8:45AM-9:45AM Inferno Pilates w/ Jimmy (Main Studio)</div> <div>9:30AM-10:30AM Pilates In-Studio (Intro/Refresher) w/ Angela (Pilates Studio/\$ limit: 3)</div> <div>10:00AM-11:15AM Slow Flow Yoga w/ Amanda (Main Studio)</div> <div>10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)</div> <div>11:30AM-12:15PM Chair Yoga w/ Annie (Main Studio)</div> <div>12:30PM-1:30PM AquaFit w/ Annie (Indoor Pool)</div>	<div>7:30AM-8:30AM Trapeze Yoga w/ Erika (Main Studio/limit: 6)</div> <div>8:30AM-9:30AM Pilates In-Studio (Interm./Adv.) w/ Angela (Pilates Studio/\$ limit: 3)</div> <div>8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 19/r)</div> <div>10:00AM-11:00AM Mat Pilates w/ Karen (Main Studio)</div> <div>11:30AM-12:30PM AquaFit w/ Kerry (Indoor Pool)</div> <div>5:00PM-6:00PM★ AquaFit w/ Bari (Indoor Pool)</div> <div>5:30PM-7:00PM Cardio Tennis w/ Toby (Tennis Courts/\$/limit12)</div> <div>5:45PM-6:30PM Meditation Energy Boost w/ Vin (Main Studio)</div>	<div>6:15AM-7:15AM★ HIIT Pump w/ Steph (Main Studio)</div> <div>7:45AM-8:30AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)</div> <div>8:45AM-9:45AM Power Flow w/ Kelley (Main Studio)</div> <div>10:00AM-11:15AM Energy Medicine Yoga w/ Amanda (Main Studio)</div> <div>10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)</div> <div>11:30AM-12:30PM AquaFit w/ Malgorzata (Indoor Pool)</div> <div>5:30PM-6:30PM Trapeze Yoga w/ Erika (Main Studio/limit: 6)</div> <div>5:45PM-6:45PM Power Hour w/ Andrew (Functional Training Room)</div> <div>6:00PM-7:00PM Adult Beginner Tennis w/ Toby (Tennis Courts)</div>	<div>8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 19/r)</div> <div>10:00AM-11:00AM★ Gentle Flow Yoga w/ Shoshana (Main Studio)</div> <div>10:30AM-11:30AM Cardio Pickleball w/ Booie (Tennis Courts/limit: 6)</div> <div>12:00PM-1:00PM PiYo w/ Jody (Main Studio/r)</div>	<div>7:45AM-8:30AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)</div> <div>8:45AM-9:45AM★ Body Sculpt w/ Carly (Main Studio/r)</div> <div>10:00AM-11:30AM Flow & Restore Yoga w/ Amanda (Main Studio)</div> <div>11:30AM-12:30PM AquaFit w/ Kerry (Indoor Pool)</div>	<div>8:00AM-9:00AM Vinyasa Yoga w/ Jimmy (Main Studio)</div> <div>10:00AM-10:45AM Cycling: Conditioning Ride w/ Carly (Cycling Studio/ limit 15)</div> <div>11:00AM-12:00PM Cardio Tennis w/ Toby (Tennis Courts)</div> <div>11:00AM-12:15PM Yin Yoga w/ Alyssa (Main Studio)</div>	<div>9:00AM-9:45AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)</div> <div>10:00AM-11:15AM Yin Yoga w/ Alyssa (Main Studio)</div>



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



