WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – SEPTEMBER 2025

MONDAY

6:15AM-7:15AM ▼
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/ Annie (Main Studio)

12:30PM-1:30PM AquaFit

w/ Annie (Indoor Pool)

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: 19/r)

10:00AM-11:00AM Mat Pilates w/ Karen (Main Studio)

11:30AM-12:30PM AguaFit

w/ Kerry (Indoor Pool)

5:00PM-6:00PM ¬

w/ Bari (Indoor Pool)

5:30PM-7:00PM Cardio Tennis

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

5:45PM-6:30PM Meditation Energy Boostw/ Vin (Main Studio)

WEDNESDAY

6:15AM-7:15AM THIIT Pump

w/ Steph (Main Studio)

7:45AM-8:30AM
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)

11:30AM-12:30PM AquaFit

w/ Malgorzata (Indoor Pool)

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 Tennisw/ Toby (Tennis Courts)

THURSDAY

8:45AM-9:45AM Barre

w/ Carly (Main Studio/ limit: 19/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)

FRIDAY

7:45AM-8:30AM Cycling: Classic Road

w/ Eric (Cycling Studio/ limit 15)

8:45AM-9:45AM
Body Sculpt
w/ Carly (Main Studio/r)

10:00AM-11:30AM Flow & Restore Yoga w/ Amanda (Main Studio)

11:30AM-12:30PM AquaFit w/ Kerry (Indoor Pool)

SATURDAY

8:00AM-9:00AM Vinyasa Yoga w/ Jimmy (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)





ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY No Classes	SATURDAY 10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)
10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	9:30AM-10:30AM Stroke of the Day w/ Toby (\$) (limit 8)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12) 6:00PM-7:00PM Adult Beginner Tennis w/ Toby (limit 16)	8:30AM- 10:00AM Open Pickleball Indoor Court #2		
	10:30AM-11:30AM Pickleball Clinic w/Booie (\$) (limit 8)		(limit 10) 10:30AM-11:30AM Cardio Pickleball w/Booie (limit 6) 4:30PM-6:00PM		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
	11:30AM- 1:00PM Open Pickleball Indoor Court #2				
	(limit 10)				
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)		Round Robin w/ Michael (limit 10)		SUNDAY No Classes

POP-UP RACKET EVENTS

Learn to Play Pickleball
Tuesday, September 9, 1:00pm - 2:00pm
Thursday, September 18, 12:00pm - 1:00pm
Thursday, September 25, 12:00pm - 1:00pm

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!

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 – SEPTMEBER 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

Labor Day – Pop-Up Indoor Cycling with Eric Monday, September 1, 9:00AM – 9:45AM

Kick off your Labor Day with a fun indoor cycling class with Eric - he'll bring the classic rock, you bring your A-game!

Tension Releasing Exercises (TRE®) with Carolyn Saturday, September 13, 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.

TRE® & Guided Visioning with Carolyn and Richard Thursday, September 25, 5:30PM-7:00PM

Enjoy an evening of stress relief and tapping into what's important to you. Carolyn will lead the class in Tension Releasing Exercises, followed by guided visioning with Richard.

Advance registration is required for all pop-up events

NEW CLASSES & CLASS CHANGES

- * **New Time*** HIIT Pump with Stephanie Monday and Wednesday mornings now at 6:15am 7:15am
- * **New Instructor*** Body Sculpt on Friday at 8:45am will be taught by Carly; Thursday's Gentle Flow Yoga at 10:00am will be taught by Shoshana
 - * New Class* AquaFit with Bari Tuesdays 5:00pm 6:00pm
- * **Off Schedule*** Indoor Cycling with Maura, Tuesdays at 6:45am; Get Up with Rory, Fridays at 11:45am

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