

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM-7:15AM HIIT Pump w/ Steph (Main Studio)	7:30AM-8:30AM Trapeze Yoga w/ Erika (Main Studio/limit: 6)	6:15AM-7:15AM HIIT Pump w/ Steph (Main Studio)	8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 19/r)	7:30AM-8:15AM ★ 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)	8:30AM-9:30AM Pilates In-Studio (Interm./Adv.) w/ Angela (Pilates Studio/\$ limit: 3)	7:30AM-8:15AM ★ Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)	10:00AM-11:00AM Gentle Flow Yoga w/ Shoshana (Main Studio)	8:45AM-9:45AM Body Sculpt w/ Carly (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)	8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 19/r)	8:15AM-9:00AM ★ Band & Burn w/ Selena (Main Studio)	10:00AM-11:00AM 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)	10:00AM-11:00AM Mat Pilates w/ Karen (Main Studio)	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)	11:30AM-12:30PM AquaFit w/ Kerry (Indoor Pool)	10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)				
11:30AM-12:15PM Chair Yoga w/ Annie (Main Studio)	no class 10/21 & 10/28	11:30AM-12:30PM AquaFit w/ Malgorzata (Indoor Pool)				
12:30PM-1:30PM AquaFit w/ Annie (Indoor Pool)	5:00PM-6:00PM AquaFit w/ Bari (Indoor Pool)	5:30PM-6:30PM Trapeze Yoga w/ Erika (Main Studio/limit: 6)				
5:30PM-6:30PM ★ Step Bootcamp w/ Selena (Functional Training Room)	5:30PM-7:00PM Cardio Tennis w/ Toby (Tennis Courts/\$/limit12)	5:45PM-6:45PM Power Hour w/ Andrew (Functional Training Room)				
	5:45PM-6:30PM Meditation Energy Boost w/ Vin (Main Studio)	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 (\$) (limit 8)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	8:30AM- 10:00AM Open Pickleball Indoor Court #2 (limit 10)	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)
11:00AM-12:30PM Open Pickleball Indoor Court #2 (limit 10)	10:00AM–11:00AM Pickleball Clinic Beginner/Intermediate w/Booie (\$) (limit 8)	6:00PM-7:00PM Adult Beginner Tennis w/ Toby (limit 16)	10:30AM–11:30AM Cardio Pickleball w/Booie (limit 6)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
	11:00AM–12:30PM Pickleball Clinic Intermediate/Advanced w/Booie (\$) (limit 8)		4:30PM-6:00PM Round Robin w/ Michael (limit 10)		
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)				SUNDAY No Classes

POP-UP RACKET EVENTS

Learn to Play Pickleball

Thursday, October 9, 12:00pm - 1:00pm

Thursday, October 23, 12:00pm - 1:00pm

Our 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.

Fall Foliage Tennis Social - Saturday, October 11, 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.

TENNIS CLASS & CLINIC DESCRIPTIONS

- 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!
- 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
- PICKLEBALL CLINIC (BEGINNER/INTERMEDIATE) – 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
- PICKLEBALL CLINIC (INTERMEDIATE/ADVANCED) – 90 mins – Limited to 4 participants – Drills and skills for 60 minutes, followed by 30 minutes of instructional play. Members: \$20; Non-members \$35
- 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.

GROUP EXERCISE SCHEDULE – OCTOBER 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, October 4, 9:30AM-10:30AM

and

Tuesday, October 14, 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 FITNESS CLASSES & CLASS CHANGES

* New Time* - Cycling with Eric Wednesday and Friday mornings now at 7:30am – 8:15am

* Off Schedule* - Power Yoga with Kelley, Wednesdays at 8:45am

* New Class* - Monday evenings 5:30pm-6:30pm: Step Bootcamp with Selena. HIIT focused full body strength class with dumbbells, incorporating step movements. Not choreographed, great for learning form.

* New Class* - Wednesday morning 8:15am – 9:00am: Band & Burn with Selena. A low impact strength class using mini loop resistance bands to target major muscle groups of the upper and lower body. Great for hip mobility! Also safe for pregnancy and postpartum.

* Cancellation * - AquaFit with Kerry is cancelled on Tuesday 10/21 and 10/28.

NEW RACKET CLASSES & CLASS CHANGES

* New Day and Time* - Open Pickleball on Tuesdays from 11:30am – 1:00pm is off the schedule, but we are adding Open Play on Mondays from 11:00am – 12:30pm.

* New Clinic* - Pickleball Clinic (for Intermediate/advanced players) on Tuesdays from 11:00am – 12:30pm.

* New Time* - Cardio Pickleball on Thursdays will take place 10:00am – 11:30am (30 minutes earlier). The Pickleball Clinic on Tuesdays is now 10:00am – 11:00am, (30 minutes earlier). This Tuesday clinic is for beginner/intermediate players. If you have taken Booie’s Learn to Play, this will continue to hone your skills!