

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – NOVEMBER 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) no class 11/4	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) no class 11/1	9:00AM-9:45AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)
8:45AM-9:45AM Inferno Pilates w/ Jimmy (Main Studio) 11/3 subbed with Vinyasa	8:30AM-9:30AM Pilates In-Studio (Interm./Adv.) w/ Angela (Pilates Studio/\$ limit: 3) no class 11/4	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/ Malgorzata (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/ Annie (Indoor Pool)	10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)				
11:30AM-12:15PM Chair Yoga w/ Annie (Main Studio)	5:00PM-6:00PM AquaFit w/ Bari (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)	10:00AM–11:00AM Pickleball Clinic Beginner/Intermediate w/Booie (\$) (limit 8)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)
11:00AM-12:30PM Open Pickleball Indoor Court #2 (limit 10)	11:00AM–12:30PM Pickleball Clinic Intermediate/Advanced 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)
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)		4:30PM-6:00PM Round Robin w/ Michael (limit 6)		SUNDAY No Classes

POP-UP RACKET EVENTS

Learn to Play Pickleball
Thursday, November 13, 12:00pm - 1:00pm
Tuesday, November 25, 1:00pm - 2:00pm

Never tried pickleball? Try this learn to play clinic, where you'll be introduced to this popular game with other beginners! Paddles and balls provided! 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
- THURSDAY NIGHT ROUND ROBIN – 90 mins – Limited to 6 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 – NOVEMBER 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

Power Flow with Kelley
Sunday, November 2, 8:00AM - 9:00AM
and
Monday, November 17, 5:30PM-6:30PM

A fast flowing & uplifting power yoga class that strengthens, stretches & invigorates the mind, body & soul. Move to fun upbeat music & feel empowered by a challenging, grounding practice.

Tension Releasing Exercises (TRE®) with Carolyn
Saturday, November 8, 9:30AM-10:30AM
and
Tuesday, November 25, 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

* Off Schedule* - Step Bootcamp with Selena, Mondays at 5:30pm is off the schedule

* New Instructor* - AquaFit on Tuesdays at 11:30am is being taught by Annie; AquaFit on Fridays at 11:30am is being taught by Malgorzata

* Class/Instructor Substitution* - Inferno Pilates on Monday 11/3 only will be substituted by Vinyasa Yoga with Amanda

NEW RACKET CLASSES & CLASS CHANGES

* Schedule Addition* - Open Play Pickleball has been added to the schedule for Friday mornings at 8:30am – 10:00am.

* Off Schedule* - Stroke of the Day on Tuesdays at 9:30am is off the schedule