

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:45AM-9:45AM</b> <b>Inferno Pilates</b> w/ Jimmy (Main Studio)	<b>7:30AM-8:30AM</b> <b>Trapeze Yoga</b> w/ Erika (Main Studio/limit: 6)	<b>7:30AM-8:15AM</b> <b>Cycling: Classic Road</b> w/ Eric (Cycling Studio/ limit 15)	<b>8:45AM-9:45AM</b> <b>Barre</b> w/ Carly (Main Studio/ limit: 19/r)	<b>7:30AM-8:15AM</b> <b>Cycling: Classic Road</b> w/ Eric (Cycling Studio/ limit 15)	<b>8:00AM-9:00AM</b> <b>Vinyasa Yoga</b> w/ Jimmy (Main Studio)	<b>9:00AM-9:45AM</b> <b>Cycling: Classic Road</b> w/ Eric (Cycling Studio/ limit 15)
<b>9:30AM-10:30AM</b> <b>Pilates In-Studio</b> <b>(Intro/Refresher)</b> w/ Angela (Pilates Studio/\$ limit: 3)	<b>8:30AM-9:30AM</b> <b>Pilates In-Studio</b> <b>(Interm./Adv.)</b> w/ Angela (Pilates Studio/\$ limit: 3)	<b>8:00AM-8:45AM</b> <b>Get Up Strong</b> ★ w/ Rory (meet in the lobby/limit 5)	<b>10:00AM-11:00AM</b> <b>Gentle Flow Yoga</b> w/ Shoshana (Main Studio)	<b>8:45AM-9:45AM</b> <b>Body Sculpt</b> w/ Carly (Main Studio/r)	<b>10:00AM-10:45AM</b> <b>Cycling: Conditioning Ride</b> w/ Carly (Cycling Studio/ limit 15)	<b>10:00AM-11:15AM</b> <b>Yin Yoga</b> w/ Alyssa (Main Studio)
<b>10:00AM-11:15AM</b> <b>Slow Flow Yoga</b> w/ Amanda (Main Studio)	<b>8:45AM-9:45AM</b> <b>Barre</b> w/ Carly (Main Studio/ limit: 19/r)	<b>8:15AM-9:00AM</b> <b>Band &amp; Burn</b> w/ Selena (Main Studio)	<b>10:00AM-11:00AM</b> <b>Cardio Pickleball</b> w/ Booie (Tennis Courts/limit: 6)	<b>10:00AM-11:30AM</b> <b>Flow &amp; Restore Yoga</b> w/ Amanda (Main Studio)	<b>11:00AM-12:00PM</b> <b>Cardio Tennis</b> w/ Michael & Rose (Tennis Courts)	
<b>11:30AM-12:15PM</b> <b>Chair Yoga</b> w/ Annie (Main Studio)	<b>10:00AM-11:00AM</b> <b>Mat Pilates</b> w/ Karen (Main Studio)	<b>10:00AM-11:15AM</b> <b>Energy Medicine Yoga</b> w/ Amanda (Main Studio)	<b>12:00PM-1:00PM</b> <b>PiYo</b> w/ Jody (Main Studio/r)	<b>11:30AM-12:30PM</b> <b>AquaFit</b> w/ Malgorzata (Indoor Pool)	<b>11:00AM-12:15PM</b> <b>Yin Yoga</b> w/ Alyssa (Main Studio)	
<b>12:30PM-1:30PM</b> ★ <b>HIIT Pump</b> w/ Steph (Main Studio)	<b>11:30AM-12:30PM</b> <b>AquaFit</b> w/ Annie (Indoor Pool)	<b>11:30AM-12:30PM</b> <b>AquaFit</b> w/ Malgorzata (Indoor Pool)	<div>No classes Christmas Day, Thursday, December 25</div>			
<b>12:30PM-1:30PM</b> <b>HIIT Pump</b> ★ w/ Steph (Main Studio)		<b>12:30PM-1:30PM</b> <b>HIIT Pump</b> w/ Steph (Main Studio)				
<b>12:30PM-1:30PM</b> <b>AquaFit</b> w/ Annie (Indoor Pool)		<b>5:30PM-6:30PM</b> <b>Trapeze Yoga</b> w/ Erika (Main Studio/limit: 6)				
		<b>5:45PM-6:45PM</b> <b>Power Hour</b> w/ Andrew (Functional Training Room)				
		<b>6:00PM-7:00PM</b> <b>Adult Beginner Tennis</b> w/ Rose (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
<b>11:00AM-12:30PM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)	<b>10:00AM–11:00AM</b> <b>Pickleball Clinic</b> <b>Beginner/Intermediate</b> w/Booie (\$) (limit 8)  <b>11:00AM–12:30PM</b> <b>Pickleball Clinic</b> <b>Intermediate/Advanced</b> w/Booie (\$) (limit 8)	<b>6:00PM-7:00PM</b> <b>Adult Beginner Tennis</b> w/ Rose (limit 16)	<b>8:30AM-10:00AM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)  <b>10:30AM–11:30AM</b> <b>Cardio Pickleball</b> w/Booie (limit 6)  <b>4:30PM-6:00PM</b> <b>Round Robin</b> w/ Michael (limit 6)	<b>8:30AM-10:00AM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)	<b>10:00AM-11:00AM</b> <b>Doubles Play</b> w/ Michael & Rose (\$) (limit 8)  <b>11:00AM-12:00PM</b> <b>Cardio Tennis</b> w/ Michael & Rose (limit 12)  <b>SUNDAY</b> <b>8:30AM- 10:00AM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)

**POP-UP RACKET EVENTS**  
**Learn to Play Pickleball**  
**Tuesday, December 9, 1:00pm - 2:00pm**  
**Thursday, December 18, 12:00pm - 1:00pm**  
  
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.

**SCHEDULE CHANGES**  
  
**\*Schedule Addition\*** Open Pickleball is added to Sunday’s schedule from 8:30am – 10:00am  
  
**\*Cancellation\*** Through to the first week of January, Monday and Wednesday 10:00am Cardio Tennis; and Tuesday 5:30pm Cardio Tennis is cancelled

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 – 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)
- 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 – DECEMBER 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**  
  
**Goldilocks Flow – Just Right Yoga with Kelley**  
**Sunday, December 7, 8:00AM - 9:00AM**  
**and**  
**Monday, December 15, 5:30PM-6:30PM**  
  
Find your "just right" practice in this balanced, full-spectrum yoga class. Begin by grounding with Pilates-inspired movements that build strength, stamina, and space in the body. Transition into a playful Shake-It-Out tension release that invites lightness and joy into your practice. From there, flow through sequences that build heat, strength, and mental focus before cooling down with relaxing backbends, twists, and hip openers. Close with final reflection and savasana.

**Tension Releasing Exercises (TRE®) with Carolyn**  
**Saturday, December 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.

**Creative Journaling with Richard**  
**Monday, December 15, 5:30PM – 6:30PM**  
  
For seasoned writers and total beginners alike, this class is designed to spark growth, discovery, reflection, and simple joy—with curiosity as the only requirement.

**Advance registration is required for all pop-up events**  
  
**NEW FITNESS CLASSES & CLASS CHANGES**  
  
**\* Schedule Change\*** - Stephanie’s HIIT Pump class is off the schedule on Monday and Wednesday mornings at 6:15am. Join her for a lunch hour workout on Mondays & Wednesdays from 12:30PM – 1:30PM.  
  
**\* New Class\*** - Get Up Strong with Rory on Wednesdays from 8:00AM – 8:45AM. Meet in the lobby for this class that builds practical strength and flexibility to support daily activities – like getting up from the floor, catching yourself in a stumble, or steadying your balance.