

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – JANUARY 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|--|--|--|
| 8:45AM-9:45AM Inferno Pilates w/ Jimmy (Main Studio) | 7:30AM-8:30AM Trapeze Yoga w/ Erika (Main Studio/limit: 6) | 7:30AM-8:15AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15) | 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) |
| 9:30AM-10:30AM Pilates In-Studio (Intro/Refresher) w/ Angela (Pilates Studio/\$ limit: 3) | 8:30AM-9:30AM Pilates In-Studio (Interm./Adv.) w/ Angela (Pilates Studio/\$ limit: 3) | 8:00AM-8:45AM Get Up Strong w/ Rory (meet in the lobby/limit 5) | 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) |
| 10:00AM-11:15AM Slow Flow Yoga w/ Amanda (Main Studio) | 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/ Boogie (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-11:00AM Cardio Tennis w/ Toby (Tennis Courts) | 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) | |
| 11:30AM-12:15PM Chair Yoga w/ Annie (Main Studio) | 11:30AM-12:30PM AquaFit w/ Annie (Indoor Pool) | 11:30AM-12:30PM AquaFit w/ Malgorzata (Indoor Pool) | | | | |
| 12:30PM-1:30PM HIIT Pump w/ Steph (Main Studio) | 5:00PM-6:00PM AquaFit w/ Ann (Indoor Pool) | 12:30PM-1:30PM HIIT Pump w/ Steph (Main Studio) | | | | |
| 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) | 5:30PM-6:15PM Cycling: Conditioning Ride w/ Maura (Cycling Studio/ limit 15) Starts 1/14 | | | |
| | | | 5:45PM-6:45PM Power Hour w/ Andrew (Functional Training Room) | | | |
| | | | 6:00PM-7:00PM Adult Beginner Tennis w/ Rose (Tennis Courts) | | | |



Woodstock
Athletic Club



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

ALL-ACCESS RACQUET CLASSES & CLINICS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|--|
| 10:00AM- 11:00AM Cardio Tennis w/ Toby (limit 12) Starts 1/12 | 10:00AM-11:00AM Pickleball Clinic Beginner/Intermediate w/Booie (\$) (limit 4) | 10:00AM-11:00AM Cardio Tennis Beginner/Intermediate w/ Toby (limit 12) w/Booie (\$) (limit 4) | 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 4) | 6:00PM-7:00PM Adult Beginner Tennis w/ Rose (limit 16) | 10:00AM- 11:00AM Cardio Pickleball w/Booie (limit 6) | 11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12) | |
| | | 4:30PM-6:00PM Round Robin w/ Michael (limit 8) | | | SUNDAY No Classes |
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RACQUET CLASS CHANGES

Toby is back! Returning to the schedule: 60-minute Cardio Tennis on Wednesdays at 10:00AM, and 90-minute Cardio Tennis on Tuesdays at 5:30PM, both start the first week of the month. Also returning: 60-minute Cardio Tennis on Mondays at 10:00am (starts 1/12). Please note a pricing change for the 90-minute session: Members \$15; Non-Members \$35.

POP-UP RACQUET EVENTS

Learn to Play Pickleball
Thursday, January 15, 11:00am - 12:00pm
Monday, January 26, 12:30pm - 1:30pm

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 mins – Limited to 12 participants and 90 mins – Limited to 16 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 \$15; Non-members \$35

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 8 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 – JANUARY 2026

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: \$100
Additional short and long-term membership information available upon request.

POP-UP CLASSES & EVENTS

Goldilocks Flow – Just Right Yoga with Kelley
Sunday, January 4, 8:00AM - 9:00AM
and
Monday, January 19, 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, January 10, 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® and Deep Rest with Carolyn
Friday, January 16, 6:00PM – 7:30PM

Enjoy a cozy, candlelit evening of tension release exercises to release stress and tension held deep in the muscles and connective tissue, using the body's natural somatic shaking response, followed by deep rest with Carolyn.

Advance registration is required for all pop-up events

NEW FITNESS CLASSES & CLASS CHANGES

*** New Class*** - Cycling: Conditioning Ride with Maura on Wednesday evenings at 5:30PM – 6:15PM.
Please note, there is NO class the first Wednesday of every month!

*** New Class and Instructor*** - We welcome Ann Bahlenhorst to our instructor team – Ann will be teaching AquaFit on Tuesdays from 5:00PM – 6:00PM.