

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – APRIL 2026

MONDAY

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/ Amanda (Main Studio)

12:30PM-1:30PM

HIIT Pump

w/ Steph (Main Studio)

12:30PM-1:30PM

AquaFit

w/ Ann (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

AquaFit

w/ Kerry (Indoor Pool)

5:00PM-6:00PM

AquaFit

w/ Ann (Indoor Pool)

5:30PM-7:00PM

Cardio Tennis

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

WEDNESDAY

7:30AM-8:15AM

Cycling: Classic Road

w/ Eric (Cycling Studio/ limit 15)

8:00AM-8:45AM

Get Up Strong

w/ Rory (meet in the lobby/limit 5)

8:45AM-9:45AM

Body Sculpt

w/ Tiffany (Main Studio/r)

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)

12:30PM-1:30PM

HIIT Pump

w/ Steph (Main Studio)

5:30PM-6:30PM

Trapeze Yoga

w/ Erika (Main Studio/limit: 6)

6:00PM-7:00PM

Adult Beginner Tennis

w/ Rose (Tennis Courts)

6:30PM-7:00PM

Power Hour

w/ Andrew (Functional Training Room)

THURSDAY

8:45AM-9:45AM

Barre

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

10:00AM-11:00AM

Gentle Flow Yoga

w/ Shoshana (Main Studio)

10:00AM-11:00AM

Cardio Pickleball

w/ Boogie (Tennis Courts/limit: 6)

12:00PM-1:00PM

PiYo

w/ Jody (Main Studio/r)

FRIDAY

7:30AM-8:15AM

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

8:30AM-9:30AM

Yoga for Strength & Balance

w/ Nathalie (Main Studio)

9:00AM-9:45AM

Cycling: Classic Road

w/ Eric (Cycling Studio/ limit 15)

10:00AM-11:15AM

Yin Yoga

w/ Alyssa (Main Studio)



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)	10:00AM-11:00AM Pickleball Clinic Beginner/Intermediate w/Booie (\$) (limit 4)	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 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)
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 16)		4:30PM-6:00PM Round Robin w/ Michael (limit 8)		SUNDAY No Classes

POP-UP RACQUET EVENTS

Learn to Play Pickleball
Thursday, April 9, 11:00am - 12:00pm

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: Facility Day Pass plus \$20.

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

GROUP EXERCISE SCHEDULE – APRIL 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

Advance registration is required for all pop-up events

Tension Releasing Exercises (TRE®) with Carolyn
Saturday, April 11, 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.

Online Wellness Journaling with Richard
Sunday, April 19, 12:00PM – 1:00PM (held on Zoom) or
Monday, April 27, 5:30PM – 6:30PM (held on Zoom)

A guided virtual class using mindfulness techniques and journaling prompts to help you use journaling to reduce stress, increase clarity, and build healthy habits. All levels welcome! Have a notebook ready.

NEW FITNESS CLASSES & CLASS CHANGES

***ADDITIONAL class time* Body Sculpt with Tiffany (new day and time!) – Wednesdays, 8:45 – 9:45am.**

We are adding a second Body Sculpt class to the schedule in April. New trainer/group fitness instructor Tiffany will be offering Body Sculpt on Wednesday mornings, as well as Carly teaching the class on Fridays.

CLASS REPLACEMENT Slow Flow Yoga with Amanda on Monday, 4/6 at 10:00am is replaced with Yin Yoga with Alyssa.

CLASS TIME CHANGE AquaFit with Kerry on Friday 4/10 will take place at 12:30pm instead of 11:30am.

APRIL CLASS CANCELLATIONS

Indoor Cycling

Cancelled: Friday 4/3 at 7:30am, Sunday 4/5 at 9:00am

Chair Yoga

Cancelled: Monday 4/6 at 11:30am

Trapeze Yoga

Cancelled: Tuesday 4/7 at 7:30am, Wednesday 4/8 at 5:30pm

Mat Pilates

Cancelled: Tuesday 4/7 at 10:00am

Energy Medicine Yoga

Cancelled: Wednesday 4/8 at 10:00am

Flow & Restore Yoga

Cancelled: Friday 4/10 at 10:00am

AquaFit

Cancelled: Tuesday 4/21 at 5:00pm, Wednesday 4/22 at 11:30am