

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – MAY 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/ Annie (Main Studio)

12:30PM-1:30PM

HIIT Pump

w/ Steph (Main Studio)

12:30PM-1:30PM ★

AquaFit

w/ Annie (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 ★

Slow Flow Yoga

w/ Jimmy (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/ Booie (Tennis Courts/limit: 6)

12:00PM-1:00PM

PiYo

w/ Jody (Main Studio/r)

5:30PM-6:30PM ★

Cardio Dance

w/ Jimmy (Main Studio)

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)

11:45AM-12:45PM ★

Inferno Pilates

w/ Jimmy (Main Studio)



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



**Woodstock
Athletic Club**

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 8:30AM- 10:00AM Open Pickleball Indoor Court #2 (limit 10)

POP-UP RACQUET EVENTS

Mud Season Mixer Pickleball Tournament Saturday, May 9, 2:00pm - 5:00pm

The tournament has two divisions: Beginner/Intermediate (2.75-3.5) and Intermediate/Advanced (3.5+). Sign up as an individual for a round robin format. You will play with each person in your division and point totals will be tabulated.

Learn to Play Pickleball Thursday, May 14, 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 – MAY 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, May 9, 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, May 22, 6:00PM – 7:30PM

Settle into a cozy evening of deep release and rest. We'll start with tension release exercises that use the body's natural somatic shaking response to unwind stress stored in the muscles and connective tissue. From there, we'll move into long, nourishing restorative yoga poses and supported holds for deep relaxation.

Online Wellness Journaling with Richard Sunday, May 17, 12:00PM – 1:00PM (held on Zoom) or Monday, May 18, 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 Inferno Pilates with Jimmy (new day and time!) – Sundays, 11:45am – 12:45pm. We are adding a second Inferno Pilates class to the schedule in May. We know some of our participants love working out on the weekends, so enjoy this Sunday class!

NEW CLASS Slow Flow Yoga with Jimmy on Tuesdays, 11:30am - 12:30pm.

This slow flow class is designed to work on balance, and flexibility, suitable for beginners as well as those regularly practicing.

NEW CLASS Cardio Dance with Jimmy on Thursdays, 5:30pm - 6:30pm.

This Zumba-inspired class perfectly balances dance moves and aerobic exercise. It's designed for you to dance your way into fitness while you sculpt your way into shape! As well as a lot of fun, it's great for the cardiovascular and respiratory systems.

NEW INSTRUCTOR Chair Yoga with Annie on Mondays, 11:30am – 12:15pm, and AquaFit with Annie on Mondays, 12:30pm – 1:30pm.

We welcome Annie back to her Monday classes this month!