

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – JUNE 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)	8:30AM-9:30AM Yoga for Strength & Balance w/ Nathalie (Main Studio)
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)	9:00AM-9:45AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)
10:00AM-11:15AM Slow Flow Yoga w/ Amanda (Main Studio)	8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 19/r)	8:45AM-9:45AM Body Sculpt w/ Tiffany (Main Studio/r)	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 Yin Yoga w/ Alyssa (Main Studio)
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/ Kerry (Indoor Pool)	11:00AM-12:15PM Yin Yoga w/ Alyssa (Main Studio)	11:45AM-12:45PM Inferno Pilates w/ Jimmy (Main Studio)
11:30AM-12:15PM ★ Chair Yoga w/ Amanda (Main Studio)	11:30AM-12:30PM Slow Flow Yoga w/ Jimmy (Main Studio)	10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	5:30PM-6:30PM Cardio Dance w/ Jimmy (Main Studio)			
12:30PM-1:30PM HIIT Pump w/ Steph (Main Studio)	11:30AM-12:30PM AquaFit w/ Kerry (Indoor Pool)	11:30AM-12:30PM AquaFit w/ Malgorzata (Indoor Pool)				
12:30PM-1:30PM AquaFit w/ Annie (Indoor Pool)	5:00PM-6:00PM AquaFit w/ Ann (Indoor Pool)	12:30PM-1:30PM HIIT Pump w/ Steph (Main Studio)				
	5:30PM-7:00PM Cardio Tennis w/ Toby (Tennis Courts/\$/limit12)	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)				



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)
3:00PM-4:00PM Juniors Racquet Clinic Ages 7-10 w/pro staff (\$) (limit 8)	11:00AM-12:30PM Pickleball Clinic Intermediate/Advanced w/Booie (\$) (limit 4)	3:00PM-4:00PM Juniors Racquet Clinic Ages 7-10 w/pro staff (\$) (limit 8)	10:00AM-11:00AM Cardio Pickleball w/Booie (limit 6)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
	3:00PM-4:00PM Juniors Racquet Clinic Ages 11-14 w/pro staff (\$) (limit 8)	6:00PM-7:00PM Adult Beginner Tennis w/ Rose (limit 16)	3:00PM-4:00PM Juniors Racquet Clinic Ages 11-14 w/pro staff (\$) (limit 8)		SUNDAY No classes
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 16)		4:30PM-6:00PM Round Robin w/ Michael (limit 8)		

POP-UP RACQUET EVENTS

Summer Opener Tennis Social
Saturday, June 13, 3:00pm - 5:00pm

Celebrate the opening of the summer season! Warm up with some king of the court style games, and then break out into some formal match play, with prizes - please BYO snacks and beverages! Members: \$20; Non-members: Facility Day Pass, plus \$20

Learn to Play Pickleball
Thursday, June 11, 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: Facility Day Pass + \$15

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: Facility Day Pass + \$20

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: Facility Day Pass + \$20

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 - JUNE 2026

CLUB HOURS:

Monday-Thursday 6AM-8PM; Friday 6AM-6PM; 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, June 13, 9:30AM-10:30AM
 and
Friday, June 26, 12:00PM-1:00PM

Exercises to release stress and tension held deep in the muscles and connective tissue, using the body's natural somatic response. This is a great post-workout recovery to calm your nervous system and allow your body to return to a balanced state.

JUNIORS RACQUET CLINICS

Monday, June 15 - Thursday, August 13
Ages 7-10: Monday and Wednesday 3:00 - 4:30pm
Ages 11-14 Tuesday and Thursday 3:00 - 4:30pm

We are happy to announce a new racquet sport clinic for juniors this summer. A fast-paced, one-hour clinic designed for junior players of all levels in both tennis and pickleball. Each session begins with fundamental stroke development to build solid technical skills, followed by active games and point play to reinforce learning. We believe that playing is the most important part of learning tennis for kids, so the focus stays on keeping rallies going, staying engaged, and getting plenty of touches on the ball.
 \$30 per participant, per session.

FITNESS & RACQUET CLASS CHANGES

CANCELLED Open Play Pickleball on Mondays from 11:00AM-12:30PM, and Sundays from 8:30am-10:00am are cancelled.

Enjoy Open Play on Thursdays and Fridays from 8:30AM - 10:00AM!

NEW INSTRUCTOR Chair Yoga on Mondays, 11:30am - 12:15pm with Amanda.