

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – JULY 2026

| MONDAY                                                                                                                  | TUESDAY                                                                                                             | WEDNESDAY                                                                                  | THURSDAY                                                                                | FRIDAY                                                                                     | SATURDAY                                                                                           | SUNDAY                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>8:45AM-9:45AM</b><br><b>Inferno Pilates</b><br>w/ Jimmy (Main Studio)                                                | <b>7:30AM-8:30AM</b><br><b>Trapeze Yoga</b><br>w/ Erika (Main Studio/limit: 6)                                      | <b>7:30AM-8:15AM</b><br><b>Cycling: Classic Road</b><br>w/ Eric (Cycling Studio/ limit 15) | <b>8:45AM-9:45AM</b><br><b>Barre</b><br>w/ Carly (Main Studio/ limit: 19/r)             | <b>7:30AM-8:15AM</b><br><b>Cycling: Classic Road</b><br>w/ Eric (Cycling Studio/ limit 15) | <b>8:00AM-9:00AM</b><br><b>Vinyasa Yoga</b><br>w/ Jimmy (Main Studio)                              | <b>8:00AM-9:00AM</b><br><b>Hatha Flow</b><br>w/ Jimmy (Main Studio)                        |
| <b>9:30AM-10:30AM</b><br><b>Pilates In-Studio</b><br><b>(Intro/Refresher)</b><br>w/ Angela (Pilates Studio/\$ limit: 3) | <b>8:30AM-9:30AM</b><br><b>Pilates In-Studio</b><br><b>(Interm./Adv.)</b><br>w/ Angela (Pilates Studio/\$ limit: 3) | <b>8:00AM-8:45AM</b><br><b>Get Up Strong</b><br>w/ Rory (meet in the lobby/limit 5)        | <b>10:00AM-11:00AM</b><br><b>Gentle Flow Yoga</b><br>w/ Shoshana (Main Studio)          | <b>8:45AM-9:45AM</b><br><b>Body Sculpt</b><br>w/ Carly (Main Studio/r)                     | <b>10:00AM-10:45AM</b><br><b>Cycling: Conditioning Ride</b><br>w/ Carly (Cycling Studio/ limit 15) | <b>9:00AM-9:45AM</b><br><b>Cycling: Classic Road</b><br>w/ Eric (Cycling Studio/ limit 15) |
| <b>10:00AM-11:15AM</b><br><b>Slow Flow Yoga</b><br>w/ Amanda (Main Studio)                                              | <b>8:45AM-9:45AM</b><br><b>Barre</b><br>w/ Carly (Main Studio/ limit: 19/r)                                         | <b>8:45AM-9:45AM</b><br><b>Body Sculpt</b><br>w/ Tiffany (Main Studio/r)                   | <b>10:00AM-11:00AM</b><br><b>Cardio Pickleball</b><br>w/ Booie (Tennis Courts/limit: 6) | <b>10:00AM-11:30AM</b><br><b>Flow &amp; Restore Yoga</b><br>w/ Amanda (Main Studio)        | <b>11:00AM-12:00PM</b><br><b>Cardio Tennis</b><br>w/ Toby (Tennis Courts)                          | <b>10:00AM-11:15AM</b><br><b>Yin Yoga</b><br>w/ Alyssa (Main Studio)                       |
| <b>10:00AM-11:00AM</b><br><b>Cardio Tennis</b><br>w/ Toby (Tennis Courts)                                               | <b>10:00AM-11:00AM</b><br><b>Mat Pilates</b><br>w/ Karen (Main Studio)                                              | <b>10:00AM-11:15AM</b><br><b>Energy Medicine Yoga</b><br>w/ Amanda (Main Studio)           | <b>12:00PM-1:00PM</b><br><b>PiYo</b><br>w/ Jody (Main Studio/r)                         | <b>11:30AM-12:30PM</b><br><b>AquaFit</b><br>w/ Kerry (Indoor Pool)                         | <b>11:00AM-12:15PM</b><br><b>Yin Yoga</b><br>w/ Alyssa (Main Studio)                               | <b>11:45AM-12:45PM</b><br><b>Inferno Pilates</b><br>w/ Jimmy (Main Studio)                 |
| <b>11:30AM-12:15PM</b><br><b>Chair Yoga</b><br>w/ Amanda (Main Studio)                                                  | <b>11:30AM-12:30PM</b><br><b>Gentle Yoga</b><br>w/ Jimmy (Main Studio)                                              | <b>10:00AM-11:00AM</b><br><b>Cardio Tennis</b><br>w/ Toby (Tennis Courts)                  | <b>5:30PM-6:30PM</b><br><b>Cardio Dance</b><br>w/ Jimmy (Main Studio)                   |                                                                                            |                                                                                                    |                                                                                            |
| <b>12:30PM-1:30PM</b><br><b>HIIT Pump</b><br>w/ Steph (Main Studio)                                                     | <b>11:30AM-12:30PM</b><br><b>AquaFit</b><br>w/ Kerry (Indoor Pool)                                                  | <b>11:30AM-12:30PM</b><br><b>AquaFit</b><br>w/ Malgorzata (Indoor Pool)                    |                                                                                         |                                                                                            |                                                                                                    |                                                                                            |
| <b>12:30PM-1:30PM</b><br><b>AquaFit</b><br>w/ Annie (Indoor Pool)                                                       | <b>5:00PM-6:00PM</b><br><b>AquaFit</b><br>w/ Ann (Indoor Pool)                                                      | <b>12:30PM-1:30PM</b><br><b>HIIT Pump</b><br>w/ Steph (Main Studio)                        |                                                                                         |                                                                                            |                                                                                                    |                                                                                            |
|                                                                                                                         | <b>5:30PM-7:00PM</b><br><b>Cardio Tennis</b><br>w/ Toby (Tennis Courts/\$/limit12)                                  | <b>5:30PM-6:30PM</b><br><b>Trapeze Yoga</b><br>w/ Erika (Main Studio/limit: 6)             |                                                                                         |                                                                                            |                                                                                                    |                                                                                            |
|                                                                                                                         |                                                                                                                     | <b>6:00PM-7:00PM</b><br><b>Adult Beginner Tennis</b><br>w/ Rose (Tennis Courts)            |                                                                                         |                                                                                            |                                                                                                    |                                                                                            |
|                                                                                                                         |                                                                                                                     | <b>6:30PM-7:00PM</b><br><b>Power Hour</b><br>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<br>Cardio Tennis<br>w/ Toby (limit 12)                                | 10:00AM–11:00AM<br>Pickleball Clinic<br>Intermediate<br>w/Booie (\$) (limit 4)      | 10:00AM-11:00AM<br>Cardio Tennis<br>w/ Toby (limit 12)                             | 10:00AM–11:00AM<br>Cardio<br>Pickleball<br>w/Booie (limit 6)                        | No classes | 10:00AM-11:00AM<br>Doubles Play<br>w/ Toby (\$) (limit 8) |
| 3:00PM–4:00PM<br>Juniors<br>Racquet Clinic<br>Ages 7-10<br>w/pro staff (\$) (limit 8) | 10:00AM–11:00AM<br>Rally Patterns<br>w/Toby (\$) (limit 6)<br>begins 7/21           | 3:00PM–4:00PM<br>Juniors Racquet<br>Clinic Ages 7-10<br>w/pro staff (\$) (limit 8) | 10:00AM–11:00AM<br>Rally Patterns<br>w/Toby (\$) (limit 6)<br>begins 7/23           |            | 11:00AM-12:00PM<br>Cardio Tennis<br>w/ Toby (limit 12)    |
|                                                                                       | 11:00AM–12:30PM<br>Pickleball Clinic<br>Intermed/Adv<br>w/Booie (\$) (limit 4)      | 6:00PM-7:00PM<br>Adult Beginner<br>Tennis<br>w/ Rose (limit 16)                    | 3:00PM–4:00PM<br>Juniors Racquet<br>Clinic Ages 11-14<br>w/pro staff (\$) (limit 8) |            | SUNDAY<br>No classes                                      |
|                                                                                       | 3:00PM–4:00PM<br>Juniors Racquet<br>Clinic Ages 11-14<br>w/pro staff (\$) (limit 8) |                                                                                    | 4:30PM-6:00PM<br>Round Robin<br>w/ Michael (limit 8)                                |            |                                                           |
|                                                                                       | 5:30PM-7:00PM<br>Cardio Tennis<br>w/ Toby (\$) (limit 16)                           |                                                                                    |                                                                                     |            |                                                           |

POP-UP RACQUET EVENTS

Learn to Play Pickleball  
Thursday, July 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: 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 (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: Facility Day Pass + \$20
- RALLY PATTERNS– 60 mins – Limited to 6 participants – Tennis is an athletic chess match. Learn how to use shot selection, court position and coverage patterns to win points. Whether you are finishing points with spectacular winners or turning defense into offense, this clinic helps you recognize and manipulate the patterns that show up in rallies. Members: \$20; Non-members: Facility Day Pass + \$20

GROUP EXERCISE SCHEDULE – JULY 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, July 11, 9:30AM-10:30AM  
and  
Friday, July 24, 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

- \*CLASS CANCELLED\* Yoga for Strength & Balance with Nathalie on Sunday mornings is off the schedule - consider trying Jimmy's new Hatha Flow class!
- \*NEW CLASS\* Hatha Flow on Sundays, 8:00am – 9:00am with Jimmy. A Hatha Flow using the Bikram 26/2 method layers traditional, static Hatha postures into a smoother, continuous progression while strictly maintaining the foundational 26 postures and 2 breathing exercises. Unlike a standard Vinyasa flow, it focuses heavily on a deliberate stretch and compress pattern to flush the body with oxygenated blood. Please make sure you are aware of the two breathing exercises so you can have a more meaningful, mindful practice. Music will be played while we flow.