Woodstock Athletic Club

GROUP CLASS & CLINIC DESCRIPTIONS

ATHLETICS & STUDIO

BARRE: Limited to 19 participants. Movements from ballet, Pilates, & yoga, using a ballet bar. For remote, we recommend any waist-high surface to use as your 'bar', a mat & light hand weights – 1, 2, or 3lb recommended. A low-impact workout, with high repetitions, aimed at improving endurance, flexibility, & posture. 60 mins. REMOTE OPTION AVAILABLE (r).

BODY SCULPT: This class incorporates a mix of circuits of strength training, HIIT cardio, mobility, and core work. For remote, sliders (gliding discs) & dumbbells are ideal, but modifications can be made for body weight. Modifications offered for every level. 60 mins. REMOTE OPTION AVAILABLE (r).

CARDIO DANCE: 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. 60 mins.

CYCLING: Limited to 15 participants. Take your workout indoors in our fabulous cycling studio with Technogym bikes. Get motivated by the instructor, the people around you, & the music! Classic Road – Classic rock tunes with a workout simulating traditional road cycling; Conditioning Ride – great music and coaching to guide you through a fun cardiovascular conditioning workout. 45 mins.

GET UP STRONG: Meet in the lobby for this class that builds practical strength and flexibility to support daily activities – like getting up from the floor, catching yourself in a stumble, or steadying your balance. 45 mins.

HIIT PUMP: High reps, low weight full-body workout focusing on building strength and burning fat. This class utilizes free weights, bench, and a mat to shape and tone your body. Class consists of a warmup, upper/lower body exercises, and cool down. Open to all experience levels. Modifications and progressions options for all abilities. 60 mins.

PIYO: A strengthening class for total body, PiYo® combines movements & exercises from Pilates & yoga to create a unique & fun workout. Using stretching, bodyweight training, & cardio conditioning, this high-energy, low-impact class helps increase flexibility, balance, & strength. 60 mins. REMOTE OPTION AVAILABLE(r).

POWER HOUR: Full-body strength & conditioning class, using a variety of equipment on the gym floor! You won't get bored, but you *will* start to see results in muscle tone & definition! Modifications & progressions available for every exercise. 60 mins.

TENNIS & RACQUET

ADULT BEGINNER TENNIS – Limited to 16 participants - This clinic is a fun adult beginner program combining the king of the court style tennis games from cardio tennis with basic drills to develop strong fundamentals. Great music and a general party atmosphere!

CARDIO TENNIS 60 minutes – Limited to 12 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)

CARDIO TENNIS 90 minutes – Limited to 18 participants – Same great cardio tennis drills and games, for 90 minutes of fun instead of 60! Be prepared for an even more intense and fun session. (All levels). ADDITIONAL FEE: MEMBERS: $15; NON-MEMBERS: Facility Use Fee + $15

CARDIO PICKLEBALL – 60 minutes – 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 – Minimum of 3 participants - All things doubles! We'll talk tactics, positioning, anticipating, and putting that ball away. We'll end every session with service game/match play. (NTRP 3.0+) ADDITIONAL FEE: MEMBERS: $20; NON-MEMBERS: Facility Use Fee + $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. ADDITIONAL FEE: MEMBERS: $20; NON-MEMBERS: Facility Use Fee + $20

PICKLEBALL CLINIC (INTERMEDIATE/ADVANCED) – 90 mins – Limited to 4 participants – Drills and skills for 60 minutes, followed by 30 minutes of instructional play. ADDITIONAL FEE: MEMBERS: $20; NON-MEMBERS: Facility Use Fee + $20

THURSDAY NIGHT ROUND ROBIN – 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.

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AQUATICS

AQUA FIT: Strength & toning exercises with moderate-intensity aerobics using natural water resistance & "water weights." An excellent & safe workout to improve cardiovascular endurance, muscular strength, & range of motion. One lap lane only will be open during aqua aerobics. 60 mins.

PILATES

INFERNO PILATES: Increase your flexibility and develop a stronger core! This high-intensity interval training (HIIT) makes that happen. We also use the Tabata method: time under tension, all while moving to the beat. Don't forget to send positive vibes to your neighbor! Weights and bands are available to enhance your fun! 60 mins.

MAT PILATES: This mat-work Pilates class follows the classical routine with instruction & hands-on help for alignment & understanding of the movement. The class incorporates strength, stretch, & stability, & is modified for your needs. 60 mins.

PILATES IN STUDIO*: Limited to 3 participants. Enjoy using the Pilates studio apparatus while you lengthen & strengthen muscles like you've never experienced before. Intro/refresher: novice; Intermediate/advanced: previous experience appreciated. ADDITIONAL FEE: MEMBERS: $20

YOGA

CHAIR YOGA: Chair yoga is a gentle form of yoga, perfect for beginners, using a chair as support for poses. It is also a beneficial practice for those at all levels, as it deepens flexibility, and strengthens your personal body awareness. 60 mins.

ENERGY MEDICINE YOGA: ENERGY MEDICINE YOGA blends easy-to-learn energy medicine techniques & traditional yoga to amplify benefits of practice without increasing time on the mat. For beginners & experts alike, EMYoga complements any yoga style. 75 mins.

FLOW & RESTORE YOGA: Incorporating pranayama, meditation, & flowing movement with longer holds. Warm the body with flowing yoga sequences, then use the heat built to relax & restore the body & mind into supportive restorative poses. 90 mins.

GENTLE FLOW: A mixed-level class designed to revitalize the body & soothe the nervous system. A gentle flow sequence promotes tone, balance, & flexibility. Class concludes with a series of supportive restorative postures to invite deep ease & relaxation. 60 mins.

HATHA FLOW: 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. 60 mins.

SLOW FLOW YOGA: A gentle class that flows with breath from one pose to the next. Longer holds in between transitions let you 'feel' into poses with each breath, with a focus on alignment. 75 mins.

TRAPEZE YOGA: Limited to 6 participants. Build upper body strength, relieve back pain, explore backbends, improve strength & flexibility. No prior experience required. Worried about going upside down? There are many options with the trapeze that don't require inversions. Contraindications: Pregnancy, high/low blood pressure (consult with Dr), glaucoma or other eye issues, recent surgeries, vertigo, prosthetic hips. Minimum age: 15 years old. If you are new to this class, please arrive at least 5 minutes early! 60 mins.

VINYASA YOGA: Based on the belief that mental & physical health are interrelated, & should be conditioned together, Vinyasa emphasizes sequential movement between postures, coordinated with & guided by deliberate breath. Move between postures with each held for 5 to 8 breaths. A balanced class with forward bending, twists, backbends & opportunity for inversions. All levels. 60 mins.

YIN YOGA: In Yin, we slow it down. Sometimes less is better than more. With Yin we hold our postures longer than in any other practice: 3 to 5 mins for beginners, five minutes or more for advanced practitioners. Each pose applies moderate stress to your connective tissues, tendons, fasciae, & ligaments to increase circulation, improve flexibility, strengthen bones & joints. 75 mins.