

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – OCTOBER 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)

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)

no class 10/13

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)

8:30AM-9:30AM

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-7:30PM

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)

8:30AM-9:30AM

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

8:00AM-9:00AM

Hatha Flow

w/ Jimmy (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



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 Intermediate w/Booie (\$) (limit 4) 11:00AM–12:30PM Pickleball Clinic Intermed/Adv w/Booie (\$) (limit 4) 5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 16)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12) 6:00PM-7:00PM Adult Beginner Tennis w/ Rose (limit 16)	10:00AM–11:00AM Cardio Pickleball w/Booie (limit 6) 4:30PM-6:00PM Round Robin w/ Michael (limit 8)	8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10) starts 10/9	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8) 11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
					SUNDAY No classes

POP-UP RACQUET EVENTS

Learn to Play Pickleball
Tuesday, October 13, 1:00pm - 2:00pm
Tuesday, October 27, 1:00pm - 2:00pm

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.

Alpabzug Tennis Social
Saturday, October 17, 3:30pm – 5:30pm

Join us for the last bit of outdoor tennis this year with a fun king of the court style warm-up, then short-form round robin play. Afterwards we'll enjoy some BYOB and small bites on the tennis pavilion one last time before the courts come up and we move inside for the winter. 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

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 – OCTOBER 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, October 10, 9:30AM-10:30AM
Friday, October 23, 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.

AquaFit with Annie
Monday, October 19, 12:30PM - 1:30PM
Monday, October 26, 12:30PM - 1:30PM

Join Annie for a great workout in the pool, using water dumbbells and bodyweight, for a low-impact class.

Fall Forward – Build Momentum for Change with Richard
Monday, October 12, 5:30PM – 6:30PM
Monday, October 26, 5:30PM – 6:30PM

Through guided reflection, a personal wellness assessment, and health coaching exercises, we'll explore foundational areas of health: Nutrition, Movement, Sleep, and Stress Management. Identify where you are, where you'd like to be, and leave with one realistic action step to focus on over the next month. Return the following month to reflect on what's working, adjust what isn't, and choose your next step.

FITNESS & RACQUET CLASS CHANGES

OPEN PICKLEBALL RETURNS Open Pickleball is added to the schedule for 8:30am – 10:00am Fridays, beginning October 9.

CLASS CANCELLATION Tuesday 10am Mat Pilates class is cancelled on Tuesday, October 13.

CLASS SUBSTITUTION Friday 10am Flow and Restore class on Friday, October 2 is substituted with a 60-minute Yin Yoga with Jimmy, from 10:00am - 11:00am.

