

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – SEPTEMBER 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) no class 9/2	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) no class 9/4	8:00AM-9:00AM Vinyasa Yoga w/ Jimmy (Main Studio)	8:00AM-9:00AM Hatha Flow w/ Jimmy (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)	8:30AM-9:30AM 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)	8:30AM-9:30AM 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)				
	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-7:30PM 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 Intermediate w/Booie (\$) (limit 4) 10:00AM–11:00AM Rally Patterns w/Toby (\$) (limit 6) 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) 10:00AM–11:00AM Rally Patterns w/Toby (\$) (limit 6) 4:30PM-6:00PM Round Robin w/ Michael (limit 8)	No classes	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

Thursday, September 10, 12:00pm - 1:00pm
Tuesday, September 22, 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.

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
- 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 – SEPTEMBER 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, September 12, 9:30AM-10:30AM
and
Friday, September 18, 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.

FITNESS & RACQUET CLASS CHANGES

- *CLASS CANCELLATION* Monday's AquaFit class with Annie at 12:30pm is off the schedule for September.
- *CLASS CANCELLATION* Wednesday 9/2, and Friday 9/4, Indoor Cycling Classic Ride classes at 7:30am are cancelled.