WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – NOVEMBER 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/ Jimmy (Main Studio)
Starts 11/9

10:00AM-11:00AM
Cardio Tennis
w/ Toby (Tennis Courts)

11:30AM-12:15PM
Chair Yoga
w/ Annie (Main Studio)

12:30PM-1:30PM
HIIT Pump
w/ Steph (Main Studio)

5:30PM-6:15PM
Cycling: Conditioning Ride
w/ Maura (Cycling Studio/ limit 15)
Starts 11/9

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)

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
Gentle Flow Yoga
w/ Annie (Main Studio)
Starts 11/11

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)

5:00PM-6:00PM
Adult Intermediate Tennis
w/ Rose (Tennis Courts)
Starts 11/11

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/ Jimmy (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)

4:00PM-5:00PM
Yoga for Strength & Balance
w/ Nathalie (Main Studio)

Star indicates a new class, new day/time, or new instructor – (r) indicates class available remotely

Woodstock Athletic Club

ALL-ACCESS RACQUET CLASSES & CLINICS

MONDAY

10:00AM-11:00AM
Cardio Tennis
w/ Toby (limit 12)

TUESDAY

10:00AM–11:00AM
Pickleball Clinic Intermediate
w/Booie ($) (limit 4)

11:00AM–12:30PM
Pickleball Clinic Intermed/Adv
w/Booie ($) (limit 4)

5:00PM-6:30PM
Cardio Tennis
w/ Toby ($)
(limit 16)

WEDNESDAY

8:30AM- 10:00AM
Open Pickleball
Indoor Court #2
(limit 10)
starts 11/11

10:00AM-11:00AM
Cardio Tennis
w/ Toby (limit 12)

6:00PM-7:00PM
Adult Intermediate Tennis Clinic
w/ Rose ($) (limit 8)
starts 11/11

6:00PM-7:00PM
Adult Beginner Tennis
w/ Rose (limit 8)

THURSDAY

10:00AM–11:00AM
Cardio Pickleball
w/Booie (limit 6)

4:30PM-6:00PM
Round Robin
w/ Michael (limit 8)

FRIDAY

8:30AM-10:00AM
Open Pickleball
Indoor Court #2
(limit 10)

SATURDAY

10:00AM-11:00AM
Doubles Play
w/ Toby ($)
(limit 8)

11:00AM-12:00PM
Cardio Tennis
w/ Toby
(limit 12)

12:30PM- 2:00PM
Open Pickleball
Indoor Court #2
(limit 10)

SUNDAY
No classes

POP-UP RACQUET EVENTS

Learn to Play Pickleball
Thursday, November 12, 11:30am- 12:30pm
Tuesday, November 17, 12:30pm - 1:30pm
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.

Social Mixer Pickleball Tournament
Saturday, November 14, 2:00pm- 5:30pm
Join us for a fun, round-robin tournament with two divisions: Beginner/Intermediate (2.75-3.5) and Advanced (3.75+). Sign up as an individual and you'll partner with players in your division. Points totals tallied to determine the winners! Advance registration is required – Members: $20, Non-Members: Facility Day Pass plus $20.

TENNIS CLASS & CLINIC DESCRIPTIONS

ADULT BEGINNER TENNIS– 60 mins – Limited to 8 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!

ADULT INTERMEDIATE CLINIC– 60 mins – Limited to 8 participants – If you're beyond beginner status, but want more experience, join our intermediate clinic to improve your skills and elevate your game. Members: $20; Non-members: Facility Day Pass + $20

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 – NOVEMBER 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, November 14, 9:30AM-10:30AM
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.

Fall Forward – Build Momentum for Change with Richard
Monday, November 16, 5:30PM – 6:30PM
Monday, November 30, 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

NEW TENNIS CLINIC Wednesdays at 5:00PM – 6:00PM, Rose will be teaching an Adult Intermediate clinic, designed for players ready for the next step after beginner classes. Members: $20; Non-members: Facility Day Pass + $20

TWO NEW PICKLEBALL OPEN TIMES We're adding Wednesday at 8:30AM – 10:00AM (starts 11/11) and Saturday at 12:30PM – 2:00PM for Pickleball Open times, in addition to the Friday 8:30AM – 10:00AM time.
Please note: we DO NOT use Playtime Scheduler. You must sign up on Mindbody, or with the Club Desk.

NEW CLASS Evening Indoor Cycling is back! Join Maura on Monday nights from 5:30PM – 6:15PM, starting on 11/9 for a great workout with an awesome playlist!

NEW CLASS Nathalie is bringing back her popular Yoga for Strength and Balance on Sunday afternoons, from 4:00PM – 5:00PM. Enjoy a practice combining yoga with Pilates and mindfulness.

CLASS SUBSTITUTIONS Amanda is away after November 5. Here are her class substitutions for the remainder of November:

Mondays (beginning 11/9): Slow Flow from10:00AM – 11:15AM with Jimmy
Chair Yoga from 11:30AM – 12:15PM with Annie
Wednesdays (beginning 11/11): Energy Medicine Yoga is replaced by Gentle Flow from 10:00AM – 11:15AM with Annie
Fridays (all month): Flow and Restore 10:00AM – 11:30AM with Jimmy

CLASS SUBSTITUTION Wednesday 11/4, Trapeze Yoga at 5:30pm is substituted with Gentle Yoga with Annie.

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