

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45AM-9:45AM Body Sculpt w/ Carly (Main Studio/r)	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)	7:30AM-8:30AM Vinyasa Yoga w/ Erika (Main Studio)	7:30AM-8:15AM Cycling: Classic Road w/ Eric (Cycling Studio/ limit 15)	10:00AM-10:45AM Cycling: Conditioning Ride w/ Carly (Cycling Studio/ limit 15)	8:30AM-9:30AM Inferno Pilates 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)	10:00AM-11:15AM Energy Medicine Yoga w/ Amanda (Main Studio)	8:45AM-9:45AM Barre w/ Carly (Main Studio/r limit: 20)	8:45AM-9:45AM Body Sculpt w/ Carly (Main Studio/r)	11:00AM-12:00PM Cardio Tennis w/ Toby (Tennis Courts)	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/r limit: 20)	10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	10:00AM-11:00AM Gentle Flow Yoga w/ Shoshana (Main Studio)	10:00AM-11:30AM Flow & Restore Yoga w/ Amanda (Main Studio)	11:00AM-12:15PM Yin Yoga w/ Alyssa (Main Studio)	10:00AM-11:15AM Yin Yoga w/ Alyssa (Main Studio)
10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	10:00AM-11:00AM AquaFit w/ Kerry (Indoor Pool)	12:00PM-12:45PM Meditation Energy Boost w/ Vin (Main Studio)	12:00PM-1:00PM PiYo w/ Jody (Main Studio/r)	12:30PM-1:30PM AquaFit w/ Kerry (Indoor Pool)		
12:30PM-1:30PM Motivation Yoga w/ Kelley (Main Studio)	10:00AM-11:00AM Mat Pilates w/ Karen (Main Studio)	5:30PM-6:30PM Trapeze Yoga w/ Erika (Main Studio/limit: 6)	5:30PM-6:15PM Cycling: Conditioning Ride w/ Bonnie (Cycling Studio/ limit 15)			
12:30PM-1:30PM AquaFit w/ Annie (Indoor Pool)	11:15AM-12:30PM Kripalu Yoga w/ Annie (Main Studio)	5:45PM-6:45PM Power Hour w/ Andrew (Functional Playground)	5:30PM-6:45PM Yin Yoga w/ Alyssa (Main Studio)			
5:30PM-6:30PM Bootcamp w/ Rahm (Functional Playground)	5:30PM-6:15PM Cycling: Conditioning Ride w/ Maura (Cycling Studio/ limit 15)					
	6:00PM-7:30PM Cardio Tennis w/ Toby (Tennis Courts)					

(r) indicates class available remotely



ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	8:30AM-10:00AM Tennis Only Bookings Indoor Court #1&2	8:30AM-10:00AM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:30AM Tennis Only Bookings Indoor Court #1&2	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)	No Classes
10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)	
	6:00PM-7:30PM Cardio Tennis w/ Toby (limit 12)		4:30PM-6:00PM Thursday Night Round Robin w/Michael (limit 10)		12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)	
						No Classes

TENNIS CLASS & CLINIC DESCRIPTIONS

CARDIO TENNIS – 60 or 90 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)

DOUBLES PLAY – 60 minutes – Limited to 8 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+) Members: \$20; Non-members \$35

THURSDAY NIGHT ROUND ROBIN – 90 minutes – Limited to 10 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.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES & CLINICS

Member registration through the Mindbody app. Guests may register by calling (802) 457-6656 or emailing us at athleticclub@woodstockinn.com.

GROUP EXERCISE SCHEDULE – APRIL 2024

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: \$75
Additional short and long-term membership information available upon request.

POP-UP CLASSES & EVENTS

Mindful Visioning – Spring Awakening – Health Coaching class with Richard
Tuesday, April 2 *and* Tuesday, April 30

5:30PM-6:30PM

and

Wednesday, April 17 *and* Wednesday, April 24

8:30AM-9:30PM

As Winter fades, the Springtime of rebirth and awakening brings self-reflection on positive changes to make in your life and habits heading into Summer. Guided Mindful Visioning helps you envision the person you want to be, inspiring you to make those changes.

Power Flow with Kelley

Wednesday, April 3

8:45AM-9:45AM

A fast flowing and uplifting power yoga class that strengthens, stretches, and invigorates the mind, body, and soul. Move to fun upbeat music and feel empowered by a challenging yet grounding practice.

Tension Releasing Exercises (TRE®) with Carolyn

Wednesday, April 10, 8:30AM-9:30AM *and*

Saturday, April 13, 9:30AM-10:30AM

Exercises to release stress and tension held deep in the muscles and connective tissue. This is a great post-workout recovery to calm your nervous system and allow your body to return to a balanced state. Advance registration is required.

NEW CLASSES & CLASS CHANGES

April is our last month for evening Indoor Cycling classes!

Jimmy is teaching **Inferno Pilates** on **Sunday mornings, from 8:30am – 9:30am**. All of Jimmy's other classes have been removed from the schedule.

Flexibility Training with Erika on Wednesday evenings has been removed from the schedule.