

WOODSTOCK ATHLETIC CLUB CLASS SCHEDULE – JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:45am INDOOR CYCLING <i>with Carly (45 min)</i></p> <p>8:45am BODY SCULPT (r) <i>with Carly (60 min)</i> Non-members remote \$10 / in-person \$15</p> <p>9:30am PILATES IN STUDIO L1 <i>with Angela (60 min) limit 3</i> Members \$20 Non-members \$30</p> <p>10:00am SLOW FLOW YOGA (r) <i>with Amanda (75 min)</i></p> <p>12:30pm AQUA FIT <i>with Andrew Stowe (60 min)</i></p> <p>5:30pm TRAPEZE YOGA <i>with Erika (60 min) – limit 5</i></p> <p>5:30pm BODYWEIGHT BOOTCAMP <i>with Andrew Stowe (60 min)</i></p>	<p>7:30am VINYASA YOGA (r) <i>with Erika (60 min)</i></p> <p>8:30am PILATES IN STUDIO L2 <i>with Angela (60 min) limit 3</i> Members \$20 Non-members \$30</p> <p>8:45am BARRE (r) <i>with Carly (60 min)</i> Non-members remote \$10 / In-person \$15</p> <p>10:00am MAT PILATES <i>with Karen (60 min)</i></p> <p>10:00AM – NEW! CARDIO TENNIS <i>with Toby</i> Courts 7 & 8</p> <p>5:30pm YIN YOGA <i>with Alyssa (75 min)</i></p>	<p>6:45am INDOOR CYCLING <i>with Eric (45 min)</i></p> <p>8:30am PILATES IN STUDIO L2 <i>with Angela (60 min) limit 3</i> Members \$20 Non-members \$30</p> <p>8:45am BODY SCULPT (r) (except 6/8) <i>with Carly (60 min)</i> Non-members remote \$10 / in-person \$15</p> <p>10:00am ENERGY MEDICINE YOGA (r) <small>ENERGY MEDICINE YOGA</small> <i>with Amanda (75 min)</i></p> <p>12:30pm AQUA FIT <i>with Andrew Stowe (60 min)</i></p> <p>5:30pm POWER HOUR <i>with Andrew Neff (60 min)</i></p>	<p>7:30am TRAPEZE YOGA <i>with Erika (60 min) limit 6</i></p> <p>8:45am BARRE (r) <i>with Carly (60 min) limit 11</i> Non-members virtual \$10 Non-members in person \$15</p> <p>10:00AM – NEW! CARDIO TENNIS <i>with Toby</i> Courts 7 & 8</p> <p>10:30am GENTLE FLOW YOGA <i>with Shoshana (60 min)</i></p> <p>12:00pm PIYO (r) <i>with Jody (60 min)</i> Non-members remote \$10 / in-person \$15</p> <p>5:00pm BODY BY BARI AQUA AEROBICS <i>with Bari (60 min)</i> All participants: \$16</p> <p>5:30pm FIT FOR LIFE <i>with Andrew Stowe (60 min)</i> Outdoor class</p>	<p>6:45am INDOOR CYCLING <i>with Eric (45 min)</i></p> <p>8:30am PILATES IN STUDIO L2 (except 6/24) <i>with Angela (60 min) limit 3</i> Members \$20 Non-members \$30</p> <p>8:45am BODY SCULPT (r) (except 6/10) <i>with Carly (60 min)</i> Non-members remote \$10 / in-person \$15</p> <p>10:00am FLOW & RESTORE YOGA (r) <i>with Amanda (90 min)</i> Non-members remote \$15/ In-person \$25</p> <p>12:30pm AQUA FIT <i>with Andrew Stowe (60 min)</i></p>	<p>10:00am AQUA FIT <i>with Kerry (60 min)</i></p> <p>10:00am INDOOR CYCLING <i>with Carly (45 min)</i></p> <p>11:00am RESTORATIVE YOGA <i>with Alyssa (75 min)</i></p>	<p>9:00am INDOOR CYCLING <i>with Eric (45 min)</i></p> <p>10:00am YIN YOGA <i>with Alyssa (75 min)</i></p>

POP-UP Class
30-MIN H.I.I.T. YOGA
with Amanda
WEDNESDAY 6/8
& FRIDAY 6/10
9:00AM-9:30AM

Non-member pricing:
\$15 per 45-60-minute class
\$20 per 75-minute class
\$25 per 90-minute class
(Except where remote or special pricing are noted on the schedule)

Remote classes available
Indicated with (r)

COLOR LEGEND: BLUE: Aquatics; BLACK: Studio & Cycling; GREEN: MindBody Pilates & Yoga; Orange: Tennis

PRE-REGISTRATION REQUIRED TO CONFIRM PLACE IN CLASS

Member registration through the Mindbody app. Guests may register by calling (802) 457-6656

WOODSTOCK ATHLETIC CLUB CLASS SCHEDULE – JUNE 2022

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 minutes.

BODY BY BARI AQUA AEROBICS*: Bari's signature class returns to the AC! Get a great, no-impact workout in the pool on Thursday evenings, with Bari's expertise & energy! One lap lane only will be open during aqua aerobics. 60 minutes. ***Additional Fee: \$16 per participant**

STUDIO & ATHLETICS

BARRE: Limited to 11 participants. Movements from ballet, Pilates, & yoga, using a ballet bar. For virtual classes, we recommend using a chair pushed against a stable surface, using the back of it as your 'bar'. You will also need a mat & light hand weights – 1, 2, or 3lb recommended. A low-impact workout, with high repetitions, aimed at improving endurance, flexibility, & posture. **REMOTE OPTION AVAILABLE (r).**

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

BODYWEIGHT BOOTCAMP: Focused on building strength & delivering a total body workout. This gym-floor class includes a dynamic warm-up, core strength circuit, upper & lower body exercises, & a stretching series at the end. Modifications & progressions offered for all levels. 60 minutes.

CARDIO TENNIS: Limited to 8. This high-intensity session combines drills and games to provide an opportunity to develop skills and burn calories, all done to a pounding bass-pumping playlist. (All levels) Meet on the tennis courts 7 & 8.

FIT FOR LIFE: Experience the Knox Meadow Fitness Loop, 10 fitness stations over a flat half-mile course on beautiful Mt Peg. You'll get a full- body workout, with walking or jogging between stations. The ultimate Vermont outdoor workout! Accessible for all fitness levels. Check in at the club desk and then head out to the Loop together! 60 minutes.

INDOOR CYCLING: Limited to 15 participants. Take your cycling workout indoors in our fabulous cycling studio with top-of-the-line Technogym stationary bikes. During the class, the instructor simulates hill-climbing, sprints, & races. Get motivated by the instructor, the people around you, & the music! 45 minutes.

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, yet low-impact class helps increase flexibility, balance, & strength. 60 minutes. **REMOTE OPTION AVAILABLE(r).**

POWER HOUR: A full-body strength & conditioning class, using a variety of equipment inside, or outdoors when the weather is warm! You won't get bored, but you *will* start to see results in muscle tone & definition! Modifications & progressions are available for every exercise. 60 minutes.

MINDBODY – PILATES

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, & modifies for your needs. 60 minutes.

PILATES IN STUDIO*: Limited to 3 participants. Enjoy using the Pilates studio apparatus while you lengthen & strengthen muscles like you've never experienced before. L1: novice; L2: previous experience appreciated. **ADDITIONAL FEE: MEMBERS: \$20; NON-MEMBERS \$30**

MINDBODY - YOGA

ENERGY MEDICINE YOGA: **ENERGY MEDICINE YOGA** (EMYoga) blends easy-to-learn energy medicine techniques and traditional yoga to amplify the benefits of your practice without increasing your time on the mat. For beginners and experts alike, EMYoga complements any yoga style. 75 minutes. **REMOTE OPTION AVAILABLE(r).**

FLOW & RESTORE YOGA: Incorporating pranayama, meditation, & flowing movement with longer holds. Warming the body with flowing yoga sequences, & using the heat built to relax & restore the body & mind into supportive restorative poses. 90 minutes. **REMOTE OPTION AVAILABLE (r).**

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

RESTORATIVE YOGA: Restorative yoga encourages relaxation of the body and mind. This class is open to all levels. The focus is on long passive holds, with the aim of releasing tension. 75 minutes.

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 minutes. **REMOTE OPTION AVAILABLE (r).**

TRAPEZE YOGA: limited to 6 participants. Build upper body strength, relieve back pain, and explore backbends. No prior experience required, just a desire to improve strength and flexibility! Worried about going upside down? Don't be! There are many options with the trapeze that don't require inversions. But you're going to want to try! Contraindications: Pregnancy (requires a midwife or Dr present to practice), high/low blood pressure (consult with Dr), glaucoma or other eye issues, recent surgeries, vertigo, prosthetic hips. 60 minutes.

VINYASA YOGA: This class is 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 minutes. **REMOTE OPTION AVAILABLE (r).**

YIN YOGA: In yoga, all the tissues of the body are considered either Yin or Yang. Yin Yoga works on the Yin tissues –the connective tissues, like tendons, ligaments & fascia. The more mobile & pliable muscles & blood are Yang. Participants will move through poses in long holds, up to five minutes each, with meditation incorporated. Yin Yoga is extremely relaxing & calming for the body, mind & soul. 75 minutes.

H.I.I.T. Yoga: (Pop-Up class only) Get your morning moving with this 30-minute Yoga H.I.I.T. class - start and finish with a yoga warm-up and cool down. Challenge yourself with Tabata yoga moves of 20 seconds work, 10 seconds rest - it's 4 minutes of work, and a lot of fun! 30 minutes

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