

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – JULY 2024

MONDAY

6:30AM-7:30AM
HIIT Pump
w/ Steph (Main Studio)
no class 7/22

8:45AM-9:45AM
Body Sculpt
w/ Carly (Main Studio/r)

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)
held outdoors 7/1

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

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

12:30PM-1:30PM
AquaFit
w/ Annie (Indoor Pool)

5:45PM-6:45PM
Bootcamp
w/ Rahm (Functional Playground)

TUESDAY

6:30AM-7:15AM
Cycling: Conditioning Ride
w/ Maura (Cycling Studio/ limit 15)

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: 22)

10:00AM-11:00AM
AquaFit
w/ Kerry (Indoor Pool)

10:00AM-11:00AM
Mat Pilates
w/ Karen (Main Studio)

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

6:00PM-7:30PM
Cardio Tennis
w/ Toby (Tennis Courts)

WEDNESDAY

6:30AM-7:30AM
HIIT Pump
w/ Steph (Main Studio)
no class 7/24

7:30AM-8:15AM
Cycling: Classic Road
w/ Eric (Cycling Studio/ limit 15)

8:45AM-9:45AM
Power Flow
w/ Kelley (Main Studio)
held outdoors 7/3

10:00AM-11:15AM
Energy Medicine Yoga
w/ Amanda (Main Studio)
held outdoors 7/3

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

12:00PM-12:45PM
Meditation Energy Boost
w/ Vin (Main Studio)
held outdoors 7/3

12:30PM-1:30PM
AquaFit
w/ Malgorzata (Indoor Pool)

5:30PM-6:30PM
Trapeze Yoga
w/ Erika (Main Studio/limit: 6)

5:45PM-6:45PM
Power Hour
w/ Andrew (Functional Playground)

THURSDAY

6:30AM-7:15AM
Cycling: Conditioning Ride
w/ Maura (Cycling Studio/ limit 15)

7:30AM-8:30AM
Vinyasa Yoga
w/ Erika (Main Studio)

8:45AM-9:45AM
Barre
w/ Carly (Main Studio/ limit: 22)

10:00AM-11:00AM
Gentle Flow Yoga
w/ Shoshana (Main Studio)

12:00PM-1:00PM
PiYo
w/ Jody (Main Studio/r)

5:30PM-6:45PM
Yin Yoga
w/ Alyssa (Main Studio)

FRIDAY

7:30AM-8:15AM
Cycling: Classic Road
w/ Eric (Cycling Studio/ limit 15)

8:45AM-9:45AM
Body Sculpt
w/ Carly (Main Studio/r)

10:00AM-11:30AM
Flow & Restore Yoga
w/ Amanda (Main Studio)

11:45AM-12:15PM
Get Up
w/ Rory (Main Studio)
no class 7/12

12:30PM-1:30PM
AquaFit
w/ Kerry (Indoor Pool)

SATURDAY

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

8:30AM-9:30AM
Inferno Pilates
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)

(r) indicates class available remotely



ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	10:00AM-11:00AM Patterns of Play w/ Ken & Toby (limit 8)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	10:00AM-11:00AM Patterns of Play w/ Ken & Toby (limit 8)	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)
	★ 1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)		★ 1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
	★ 5:30PM-7:00PM Cardio Tennis w/ Toby (limit 12)		4:30PM-6:00PM Thursday Night Round Robin w/Michael (limit 10)		★ 1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)
				SUNDAY No Classes	

★ Star indicates new time change

POP-UP RACKET EVENTS

Summertime Round Robin
Saturday, July 27, 3:00PM-5:00PM

Celebrate summer on the courts this month with our Summertime Round Robin. You bring your A-game– we'll provide the snacks and prizes, BYOB. Advance registration is required – Members: \$20, Non-Members: \$35.

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.

PATTERNS OF PLAY- 60 minutes – Limited to 8 participants – Focused on individual patterns of play. How to use shot selection to keep our opponents off balance and stay ahead in the point. (NTRP 3.5-4.0) Members: \$20; Non-members \$35

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 – JULY 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

Tension Releasing Exercises (TRE®) with Carolyn
Saturday, July 13, 9:30AM–10:30AM and
Friday, July 19, 12:30PM-1:30PM

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.

CLASS CHANGES & SUBSTITUTIONS

The following classes are cancelled (for these dates only):

Get Up with Rory
Friday, July 12, 11:45AM–12:15PM

HIIT Pump with Stephanie
Monday, July 22, 6:30AM–7:30AM and
Wednesday, July 24, 6:30AM-7:30AM

The following classes will be held outdoors in the first week of July:

Monday, July 1:

Slow Flow Yoga with Amanda, 10:00AM–11:15AM

Wednesday, July 3:

Power Flow with Kelley, 8:45AM – 9:45AM
Energy Medicine Yoga with Amanda, 10:00AM–11:15AM
Meditation Energy Boost with Vin, 12:00PM – 12:45PM

Barre 8:45am – 9:45am
Tuesday, July 9,
Thursday, July 11,
and Thursday, July 18

will be substituted with:

Pilates Flow with Nathalie

This yoga and Pilates fusion class is designed to blend the core-strengthening elements of Pilates with the flexibility and mindfulness of yoga. This hybrid class offers a balanced workout focused on core and posture.

802-457-6656 | athleticclub@woodstockinn.com
www.woodstockinn.com