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

wat Pllates w/ Karen (Main Studio)

11:15AM-12:30PM Kripalu Yoga

w/ Annie (Main Studio)
6:00PM-7:30PM

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

WEDNESDAY

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

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

THURSDAY

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

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

FRIDAY

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

w/ Alyssa

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

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

(r) indicates class available remotely

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

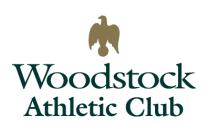
Yin Yoga w/ Alyssa (Main Studio)

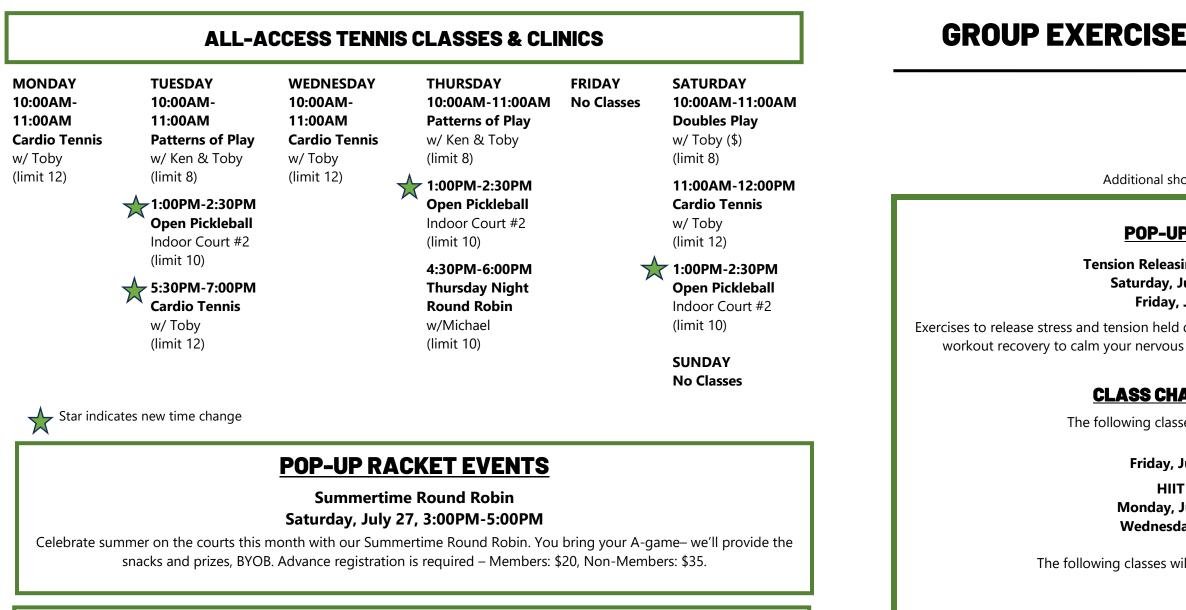
SUNDAY

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)





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 heartpounding, 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; Nonmembers \$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.

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.

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 postworkout 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: