

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM-7:30AM HIIT Pump w/ Steph (Main Studio)	6:30AM-7:15AM Cycling: Conditioning Ride w/ Maura (Cycling Studio/ limit 15)	6:30AM-7:30AM HIIT Pump w/ Steph (Main Studio)	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)
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)	8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 22/r)	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)
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)	8:45AM-9:45AM Power Flow w/ Kelley (Main Studio)	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-11:15AM Slow Flow Yoga w/ Amanda (Main Studio)	8:45AM-9:45AM Barre w/ Carly (Main Studio/ limit: 22/r)	10:00AM-11:15AM Energy Medicine Yoga w/ Amanda (Main Studio)	12:00PM-1:00PM PiYo w/ Jody (Main Studio/r)	11:45AM-12:15PM Get Up w/ Rory (Main Studio)		
10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	10:00AM-11:00AM AquaFit w/ Kerry (Indoor Pool)	10:00AM-11:00AM Cardio Tennis w/ Toby (Tennis Courts)	5:30PM-6:45PM Yin Yoga w/ Alyssa (Main Studio)	12:30PM-1:30PM AquaFit w/ Kerry (Indoor Pool)		
11:30AM-12:15PM Chair Yoga w/ Annie (Main Studio)	10:00AM-11:00AM Mat Pilates w/ Karen (Main Studio)	12:00PM-12:45PM Meditation Energy Boost w/ Vin (Main Studio)				
12:30PM-1:30PM AquaFit w/ Annie (Indoor Pool)	11:15AM-12:30PM Kripalu Yoga w/ Annie (Main Studio)	12:30PM-1:30PM AquaFit w/ Malgorzata (Indoor Pool)				
5:45PM-6:45PM Bootcamp w/ Rahm (Functional Playground)	6:00PM-7:30PM Cardio Tennis w/ Toby (Tennis Courts)	5:30PM-6:30PM Trapeze Yoga w/ Erika (Main Studio/limit: 6)				
		5:45PM-6:45PM Power Hour w/ Andrew (Functional Playground)				

(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/ Toby (limit 8)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8)
	1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)		4:30PM-6:00PM Thursday Night Round Robin w/Michael (limit 10)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12)
	5:30PM-7:00PM Cardio Tennis w/ Toby (limit 12)				1:00PM-2:30PM Open Pickleball Indoor Court #2 (limit 10)
				SUNDAY No Classes	

POP-UP RACKET EVENTS

End of Season Tennis Social
Saturday, September 21, 3:00PM-5:00PM

We're closing out our 2024 summer season with a round robin and tennis social. Snacks and prizes provided, please 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 – SEPTEMBER 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
Tuesday, September 17, 5:30PM-6:30PM
and
Saturday, September 28, 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.

NEW CLASSES & CLASS CHANGES

Indoor Cycling with Maura will remain on the schedule for **Tuesday mornings at 6:30am – 7:15am**, but we are dropping the Thursday morning 6:30am cycling class.

Please check our Mindbody app throughout the month to stay up to date with any teaching substitutions or class cancellations. Pre-booking through Mindbody, or with our front desk staff, is the only way to guarantee you will be informed of class changes.

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