

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – NOVEMBER 2024

MONDAY

6:30AM-7:30AM
HIIT Pump
 w/ Steph (Main Studio)

7:45AM-8:30AM
Stretch & Mobility
 w/ Michael (Main Studio)

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)
 No class 11/4

10:00AM-11:15AM
Slow Flow Yoga
 w/ Amanda (Main Studio)

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 Training Room)

TUESDAY

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)
 No class 11/5

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

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)

5:00PM-6:00PM
AquaFit
 w/ Bari (Indoor Pool)
 No class 11/26

5:30PM-6:15PM
Cycling: Conditioning Ride
 w/ Maura (Cycling Studio/ limit 15)

6:00PM-7:30PM
Cardio Tennis
 w/ Toby (Tennis Courts/\$/limit12)

WEDNESDAY

6:30AM-7:30AM
HIIT Pump
 w/ Steph (Main Studio)

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

7:45AM-8:30AM
Stretch & Mobility
 w/ Michael (Main Studio)

8:45AM-9:45AM
Power Flow
 w/ Kelley (Main Studio)

9:00AM-10:00AM
Functional Strength Training ★
 w/ Michael (Functional Training Room/limit 5)

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

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

12:30PM-1:30PM
AquaFit
 w/ Malgorzata (Indoor Pool)
 No class 11/27

2:00PM-2:45PM
Meditation Energy Boost
 w/ Vin (Main Studio)

5:30PM-6:30PM
Trapeze Yoga
 w/ Erika (Main Studio/limit: 6)
 11/27 replaced with Yoga Sculpt

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

6:00PM-7:00PM
Adult Beginner Tennis ★
 w/ Toby (Tennis Courts)
 No class 11/27

THURSDAY

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

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

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)

5:30PM-6:15PM
Cycling: Conditioning Ride ★
 w/ Bonnie (Cycling Studio/ limit 15)

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)
 11/29 from 10-11am only

11:45AM-12:15PM
Get Up
 w/ Rory (Main Studio)

12:30PM-1:30PM
AquaFit
 w/ Kerry (Indoor Pool)
 No class 11/29

SATURDAY

8:00AM-9:00AM
Yoga for Strength, Stability & Balance
 w/ Nathalie (Main Studio)

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)
 No class 11/10

9:00AM-9:45AM
Cycling: Classic Road
 w/ Eric (Cycling Studio/ limit 15)

10:00AM-11:15AM
Yin Yoga
 w/ Alyssa (Main Studio)

**NO CLASSES THANKSGIVING DAY,
 Thursday, November 28**


THANKSGIVING HOURS: 7am – 1pm



Star indicates a new class, new day/time, or new instructor – (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- 11:30AM Open Pickleball Indoor Court #2  (limit 10) 5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)	7:00AM-10:00AM Tennis Only Bookings Indoor Court #1&2 10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12) 6:00PM-7:00PM Adult Beginner Tennis w/ Toby  (limit 16) No class 11/27	10:00AM- 11:30AM Open Pickleball Indoor Court #2  (limit 10) 4:30PM-6:00PM Thursday Night Round Robin w/ Michael (limit 10)	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8) 11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12) 12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)
				SUNDAY No Classes	



Star indicates a new class, new day/time, or new instructor

TENNIS CLASS & CLINIC DESCRIPTIONS

CARDIO TENNIS – 60 – 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)

90-minute session: Members \$8; Non-members \$8 plus day pass

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

ADULT BEGINNER TENNIS– 60 minutes – Limited to 16 participants - This clinic is a fun adult beginner tennis program combining the king of the court style tennis games from cardio tennis with basic drills to develop strong fundamentals. Great music and a general party atmosphere!

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 – NOVEMBER 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, November 9, 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

NEW Cycling: Conditioning Ride

Tuesdays and Thursdays, 5:30pm – 6:15pm

Evening Indoor Cycling is back! Join Maura and Bonnie in the cycling studio for evening rides twice a week.

Don't forget to register in advance, there are 15 bikes available!

We are dropping our 6:30am Tuesday Cycling class during the winter months.

NEW Adult Beginner Tennis

Wednesdays, 6:00pm – 7:00pm

Toby brings back Adult Beginner Tennis this month! Our last round of this class produced some dedicated new tennis players at the club. Join the fun and learn the fundamentals in a no judgment atmosphere!

ONE-TIME ONLY Yoga Sculpt

Wednesday, November 27, 5:30pm – 6:30pm

Caroline is teaching a hybrid class of Body Sculpt and Yoga Flow, replacing Trapeze Yoga the evening before Thanksgiving! Come enjoy the best of both classes.

TIME & DAY CHANGE Functional Strength Training

Wednesdays, 9:00am – 10:00am

We're switching Functional Strength Training to Wednesday mornings from 9-10am. Join Michael in the functional training room for a class focused on full-body exercises designed to make you move better and more efficiently in everyday life. This class is limited to 5 participants, so be sure to sign up in advance!

THANKSGIVING DAY SCHEDULE

Thursday, November 28: Holiday Hours 7:00am – 1:00pm

Please note our abbreviated hours for the holiday!

We will not be running classes on Thanksgiving Day. Enjoy the holiday!

802-457-6656 | athleticclub@woodstockinn.com

www.woodstockinn.com