

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – DECEMBER 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)

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)

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)

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)

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

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

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

6:00PM-7:00PM
Adult Beginner Tennis
w/ Toby (Tennis Courts)

THURSDAY

7:15AM-8:30AM
Flex & Flow 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)

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

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

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)

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 CHRISTMAS DAY
Wednesday, December 25

HOLIDAY HOURS:
Tuesday, December 24: 6am – 4pm
Wednesday, December 25: 11am – 3pm
Tuesday, December 31: 6am – 5pm
Wednesday, January 1: 8am – 5pm

NO AQUAFIT CLASSES
Monday, December 23 – Friday January 3



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)	10:00AM- 11:30AM Open Pickleball Indoor Court #2 (limit 10) Cancelled 12/5 4:30PM-6:00PM Thursday Night Round Robin w/ Michael (limit 10) Cancelled 12/5	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8) Cancelled 12/21 11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12) Cancelled 12/21 12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10)
				SUNDAY No Classes	

POP-UP RACKET EVENTS

Holiday Extravaganza
Saturday, December 21, 3:00PM-5:30PM

Join us for a festive round robin to celebrate the holiday season on court! Bring your A-game (and BYOB!) - we will bring snacks and fun prizes! Advance registration is required – Members: \$20, Non-Members: \$35.

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 – DECEMBER 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
Friday, December 6, 12:30PM – 1:30PM

and

Saturday, December 14, 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.

Future Self Visioning with Richard
Sunday, December 15, 12:00PM – 1:00PM

and

Tuesday, December 17, 5:30PM-6:30PM

Reflect on this past year through journaling work, AND get a head start on your goals for 2024 by engaging in Guided Visioning to discover your ideal future self.

NEW CLASSES & CLASS CHANGES

***REMINDER* AquaFit classes cancelled during holiday break:**

No classes Monday, December 23 - Friday, January 3

***REMINDER* All classes cancelled Christmas Day**

Wednesday, December 25

CHRISTMAS DAY AND HOLIDAYS SCHEDULE

During the school break (Monday 12/23 - Friday 1/3), we will not be offering AquaFit classes.

Christmas Eve: 6am - 4pm

Christmas Day: 11am - 3pm (no classes)

New Year's Eve: 6am - 5pm

New Year's Day: 8am - 5pm