

# WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – JANUARY 2025

## MONDAY

**6:30AM-7:30AM**

**HIIT Pump**  
w/ Steph (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)

**8:45AM-9:45AM**

**Power Flow**  
w/ Kelley (Main Studio)

**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)



**Woodstock  
Athletic Club**

## ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10:00AM-11:00AM</b> <b>Cardio Tennis</b> w/ Toby (limit 12)	<b>10:00AM- 11:30AM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)	<b>7:00AM-10:00AM</b> <b>Tennis Only</b> <b>Bookings</b> Indoor Court #1&2	<b>10:00AM- 11:30AM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)	<b>No Classes</b>	<b>10:00AM-11:00AM</b> <b>Doubles Play</b> w/ Toby (\$) (limit 8)
	<b>5:30PM-7:00PM</b> <b>Cardio Tennis</b> w/ Toby (\$) (limit 12)	<b>10:00AM-11:00AM</b> <b>Cardio Tennis</b> w/ Toby (limit 12)	<b>4:30PM-6:00PM</b> <b>Thursday Night Round Robin</b> w/ Michael (limit 10)		<b>11:00AM-12:00PM</b> <b>Cardio Tennis</b> w/ Toby (limit 12)
		<b>6:00PM-7:00PM</b> <b>Adult Beginner Tennis</b> w/ Toby (limit 16)			<b>12:30PM-2:00PM</b> <b>Open Pickleball</b> Indoor Court #2 (limit 10)
				<b>SUNDAY</b> <b>No Classes</b>	

## 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](mailto:athleticclub@woodstockinn.com).

## GROUP EXERCISE SCHEDULE – JANUARY 2025

### 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, January 11, 9:30AM-10:30AM**

*and*

**Friday, January 17, 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. Advance registration is required.

**Future Self Visioning with Richard**  
**Sunday, January 26, 12:00PM – 1:00PM**

*and*

**Tuesday, January 28, 5:30PM-6:30PM**

Try Integrative Health Coaching techniques of guided meditation and journaling to envision your ideal future self. This class is perfect if you are hoping to make some positive life changes this year

### NEW CLASSES & CLASS CHANGES

**Functional Strength Training** on Wednesdays, and **Stretch & Mobility** on Mondays and Wednesdays have been removed from the schedule.