

WOODSTOCK ATHLETIC CLUB GROUP EXERCISE SCHEDULE – FEBRUARY 2025

MONDAY

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

8:45AM-9:45AM ★
Inferno Pilates
w/ Jimmy (Main Studio)

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: 18/r)

11:30AM-12:30PM
AquaFit
w/ Kerry (Indoor Pool)

10:00AM-11:00AM
Mat Pilates
w/ Karen (Main Studio)

5:00PM-6:00PM
AquaFit
w/ Bari (Indoor Pool)

5:30PM-6:15PM
Cycling: Conditioning Ride
w/ Maura (Cycling Studio/ limit 14)

no class Tuesday 2/4
5:30PM-7:00PM
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: 18/r)

10:00AM-11:00AM
Gentle Flow Yoga
w/ Shoshana (Main Studio)

10:30AM-11:30AM ★
Cardio Pickleball
w/ Booie (Tennis Courts/limit: 6)

12:00PM-1:00PM
PiYo
w/ Jody (Main Studio/r)

5:30PM-6:45PM
Yin Yoga
w/ Alyssa (Main Studio)

FRIDAY

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

8:45AM-9:45AM ★
Body Sculpt
w/ Caroline (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

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

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



Star indicates a new class, new day/time, or new instructor – (r) indicates class available remotely



Woodstock
Athletic Club

ALL-ACCESS TENNIS CLASSES & CLINICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	10:30AM-11:30AM Beginner Pickleball Clinic w/Booie (\$) (limit 8)	7:00AM-10:00AM Tennis Only Bookings Indoor Court #1&2	10:30AM-11:30AM Cardio Pickleball w/Booie (limit 6)	No Classes	10:00AM-11:00AM Doubles Play w/ Toby (\$) (limit 8) (cancelled 2/15)
11:00AM-12:30PM Interm/Adv 3.5+ Pickleball Clinic w/Booie (\$) (limit 4)	11:30AM- 1:00PM Open Pickleball Indoor Court #2 (limit 10)	10:00AM-11:00AM Cardio Tennis w/ Toby (limit 12)	11:30AM- 1:00PM Open Pickleball Indoor Court #2 (limit 10)		11:00AM-12:00PM Cardio Tennis w/ Toby (limit 12) (cancelled 2/15)
	5:30PM-7:00PM Cardio Tennis w/ Toby (\$) (limit 12)	6:00PM-7:00PM Adult Beginner Tennis w/ Toby (limit 16)	4:30PM-6:00PM Thursday Night Round Robin w/ Michael (limit 10)		12:30PM-2:00PM Open Pickleball Indoor Court #2 (limit 10) (cancelled 2/8)
					SUNDAY No Classes

POP-UP RACKET EVENTS

Meet Booie - Saturday, February 8, 3:00PM-5:00PM

Join us for this fun pickleball round robin event to welcome our new Pickleball Pro, Booie to the Athletic Club! There will be prizes and snacks, please BYOB. Advance registration is required – Members: \$20, Non-Members: \$35.

Love All - Saturday, February 15, 3:00PM-5:00PM

Celebrate your love for tennis with this social round robin event! Prizes will be awarded, BYOB and bring a snack to share. 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) For the 90-minute session: Members \$8; Non-members \$8 plus day pass

CARDIO PICKLEBALL – 60 minutes – Limited to 6 participants – Have fun and enjoy the music with a cardio session designed to develop skills and get a great workout. (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

ADULT BEGINNER TENNIS– 60 minutes – Limited to 16 participants - A fun adult beginner tennis program combining king of the court style tennis games with basic drills to develop strong fundamentals. Great music and a 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.

PICKLEBALL CLINIC (Interm/Adv 3.5+ and Beginner) – 60 minutes – Limited to 4 participants (interm/adv) and 8 participants (beginner) – Improve your overall play or learn to play! Serving, footwork and shot placement are just some of the techniques you'll learn to elevate your game. 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 – FEBRUARY 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

Advance registration is required for all pop-up events

Tension Releasing Exercises (TRE®) with Carolyn

Saturday, February 8, 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.

Indoor Cycling – Conditioning Ride with Maura

Thursday, February 6, 5:30PM - 6:15PM

Enjoy a Thursday evening ride with Maura – great music and a guaranteed workout!

Winter Dance Party with Carolyn

Friday, February 21, 6:45PM – 7:45PM

Warm up with Carolyn, then dance and sweat your way through an amazing playlist, before bringing it back down with some relaxation and stretching. The perfect end to a staycation week!

Break Your Bad Habits with Richard

Sunday, February 23, 12:00PM – 1:00PM

and

Tuesday, February 25, 5:30PM-6:30PM

Change begins with awareness: Recognize the obstacles and habits in your life that are holding you back and begin the process of making necessary lifestyle changes that align with the journey you want to make.

NEW CLASSES & CLASS CHANGES

Please note:

No AquaFit classes take place during the Presidents' Week break, from Monday February 17 – Friday February 21

Kripalu Yoga on Tuesdays has been removed from the schedule.

AquaFit with Kerry on Tuesdays moves to 11:30am

Jimmy is moving Inferno Pilates from Sundays to Mondays at 8:45am – 9:45am.

Body Sculpt with Carly on Mondays at 8:45am has been removed from the schedule.

Caroline will be teaching the Friday Body Sculpt at 8:45am – 9:45am.