

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS Cycle Express Cara Duke	5:45-6:30 CS Performance Cycle Matt Smith	6:00-6:45 CS CLUB CYCLING™ Christian Noni	5:45-6:30 CS Performance Cycle Matthew Smith	6:00-6:45 CS Cycle Express Cara Duke	7:45-8:30 MS Cardio Sculpt Jessie Gumbs	8:00-9:00 MS Boxing Boot Camp Joey Betzen
6:15-7:00 MS BODYPUMP™ Express Monica Mallory	6:00-6:45 MS Cardio Sculpt Jessie Gumbs	6:15-7:00 MS BODYPUMP™ Express Clarke Hammes	6:00-6:45 MS Cardio Sculpt Jessie Gumbs	6:15-7:00 MS Strength & Burn Joey Betzen	8:00-8:50 CS Cycle Express Ashley Altenhofen	8:30-9:15 IP Active Series: Aqua Danielle E. Fowler
6:30-7:30 YS Hatha Yoga L1 Gabriella Boeger	6:00-7:00 TC Cardio Tennis Tennis Coach	6:00-7:00 TC Intro Cardio Tennis Tennis Coach	6:00-7:00 TC Cardio Tennis Tennis Coach		8:00-9:00 YS Power Vinyasa L2 Kayla Hutchings	9:30-10:30 MS Active Series: Sculpt Jeffrey McDaniel
		6:30-7:30 YS Hatha Yoga L1 Gabriella Boeger			8:30-9:30 TC Cardio Tennis Tennis Coach	9:00-10:15 YS Power Vinyasa L2 Susan Sebanc
8:30-9:30 TC Cardio Tennis Tennis Coach	8:30-9:45 YS Power Vinyasa L2 Jordan Ryan	8:30-9:15 MS Athletic Barre Danielle E. Fowler	8:30-9:45 YS Power Vinyasa L2 Carrah Quigley	8:30-9:15 MS Power Pilates Mat Christian Noni	8:30-9:15 IP Active Series: Aqua Danielle E. Fowler	10:00-10:50 CS Performance Cycle Markey Schleih
8:30-9:45 YS Hatha Yoga L1 Sumya Anani	8:30-9:15 MS GRIT™ Cardio Mallory Mahoney	8:30-9:45 YS Yin Yoga L1 Seraphine Naeymi	9:00-9:50 CS Cycle Express Kelsey Brookner	8:30-9:45 YS Hatha Yoga L1 Jordan Ryan	9:00-9:30 MS GRIT™ Cardio Mallory Mahoney	11:00-11:50 MS BODYPUMP™ Express Jodie Schnakenberg
8:30-9:15 MS PRIME Thane Clark	9:00-9:50 CS Cycle Express Jeffery McDaniel	9:45-10:35 MS BODYPUMP™ Ashlyn Jumpponen	9:30-10:15 MS Modérne Barre Seraphine Naeymi	9:45-10:35 MS BODYPUMP™ Anne Ruch	9:30-10:30 CS Studio Cycle Jeffrey McDaniel	4:00-5:15 YS Vinyasa Yoga L2 Carrah Quigley
9:45-10:35 MS BODYPUMP™ Jennifer Dougar	9:30-10:15 MS Modérne Barre Seraphine Naeymi	10:15-11:15 YS Yoga Basics L1 & Meditation Carrah Quigley	10:45-11:45 MS Active Series: Tone Jeffery McDaniel	10:00-11:00 MS Yoga Basics L1 Gabriella Boeger	9:30-10:45 YS Roll + Release & Meditation RISE™ Christian Noni	
10:00-11:00 YS Yoga Basics L1 Gabriella Boeger	10:45-11:45 MS Active Series: Sculpt Jeffery McDaniel				10:00-10:50 MS Athletic Barre Danielle E. Fowler	
					11:15-12:15 MS BODYPUMP™ Alex Yu	
12:00-12:30 MS SHOCK + SHRED Caitlin Katz	12:00-12:45 CS Cycle Express Ashley Altenhofen	12:00-12:30 MS SHOCK + SHRED Jackie Sciaras	12:00-12:45 CS Cycle Express Alyssa Benjamin	12:00-12:30 MS SHOCK + SHRED Kaleb Wersland	11:15-12:30 YS Vinyasa Yoga L2 Liza Mussatto	
12:00-1:00 YS Power Vinyasa L2 Taylor Deeds		12:00-1:00 YS Power Vinyasa L2 Lisa Murphy	12:00-12:45 MS PRIME Caitlin Katz			
	4:45-5:30 MS Sculpt Fusion Angela Ansley	4:45-5:15 MS BEST BUTT NOW Jodie Schnakenberg	4:45-5:30 MS PRIME Christian Noni			
5:30-6:00 MS GRIT™ Athlete Clarke Hammes	5:30-6:20 CS CLUB CYCLING™ Christian Noni	5:30-6:00 MS GRIT™ Athlete Mallory McDonald	5:30-6:20 MS Cycle Express Ashley Altenhofen	5:30-6:15 MS BODYPUMP™ Express Jodie Schnakenberg		
5:30-6:30 YS Power Vinyasa L2 Maria Cuevas	5:30-6:45 YS Power Vinyasa L2 Jordan Ryan	5:30-6:30 YS Power Vinyasa L2 Taylor Deeds	6:00-7:00 MS Boxing Boot Camp Mallory Mahoney	5:30-6:30 YS Power Vinyasa L2 Carrah Quigley		
6:00-6:50 CS Cycle Express Jeffrey McDaniel	6:00-7:00 TC Cardio Tennis Tennis Coach	6:00-6:50 CS Cycle Express Jodie Schnakenberg	5:30-6:45 YS Vinyasa L1-L2 Susan Sebanc			
6:30-7:20 MS BODYPUMP™ Anne Ruch	6:00-7:00 MS Boxing Boot Camp Casey Pessetto	6:00-7:00 TC Intro Cardio Tennis Tennis Coach	7:15-8:15 YS Power Vinyasa L2 Emily Cox			
7:00-8:15 YS Yin Yoga L1 & Meditation REST™ Christian Noni	7:15-8:15 YS Power Vinyasa L2 Emily Cox	6:30-7:20 MS BODYPUMP™ Anne Ruch				
		7:00-8:00 YS Yin Yoga L1 & Meditation Susan Sebanc				



BOOK YOUR SPOT IN CLASS.

CLASSES BECOME BOOKABLE 48 HOURS IN ADVANCE AND MUST BE RESERVED.

SIGN UP FOR A CLASS THAT BEST SUITS YOU.

1. DOWNLOAD CLUB WOODSIDE APP
2. SELECT "MY ACCOUNT" ON MENU
3. LOG IN USERNAME & PASSWORD
4. SELECT "CLASS SCHEDULE"
5. UNDER CLUB TAB SELECT "WOODSIDE"
6. CHOOSE CATEGORY OF FITNESS CLASS
7. SELECT CLASS TO SIGN UP TO COMPLETE RESERVATION

WHAT'S NEW

AQUA CLASSES STAY AFLOAT IN WINTER
DUE TO SEASONAL CHANGES, ACTIVE SERIES: AQUA CLASSES WILL RELOCATE FROM OUTDOOR ADULT POOL TO INDOOR POOL.
SEE CLASS LISTINGS
RESERVATION REQUIRED

STUDIO KEY

YS	YOGA STUDIO	OP	OUTDOOR POOL
MS	MAIN STUDIO	IP	INDOOR POOL
CS	CYCLE STUDIO	TC	TENNIS COURT

OCTOBER 2020 | GROUP FITNESS SCHEDULE

DOWNLOAD WOODSIDE APP OR VISIT CLUBWOODSIDE.COM FOR FOR CLASS UPDATES, SUB INSTRUCTORS AND CLASS RESERVATIONS

