



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

**WHAT'S NEW**

**MORE CLASSES. MORE RESULTS.**

**JUST IN TIME FOR THE HOLIDAYS**

SEE NEW CLASS LISTINGS  
RESERVATION REQUIRED

**STUDIO KEY**

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

# YOGA

## YOGA LEVEL GUIDE

Levels are defined by degree of inverted pose where feet are positioned higher than heart.

**L1 FOR NEW YOGIS OR THOSE LIMITED IN FLEXIBILITY. CLASSES MAY INCLUDE CROW POSE OR ASSISTED HEADSTAND**

**L2 BUILD ON ELEVATED POSES LINKED TO BREATH TO MAXIMIZE STAMINA. CLASSES MAY INCLUDE KING PIGEON POSE, HEADSTANDS, AND ARM BALANCES**

**L3 HIGHEST DEGREE OF EXPERIENCE ADVISED. CLASSES MAY INCLUDE HANDSTANDS, FIREFLY POSE OR SCORPION POSE**

### Yoga Basics

Basic, foundational yoga poses are taught in a safe, encouraging environment. Class emphasis is on alignment, breathing, strength, and full range of motion through a variety of both standing and seated postures. Perfect for those with limited flexibility or new to Yoga.

### Restorative | Yin Yoga

Embody a practice that is about opening your body through active or long passive stretching to harmonize the body's vital life force or chi. Restorative poses include gentle twists, seated forward folds, and more while using props such as blocks, blankets and bolsters.

### Hatha Yoga

The word "Hatha" is both the term for all physical practices of yoga and the yoga of opposing energies, Surya (sun) and Chandra (moon). Experience a class focusing on flowing from pose to pose, linking movement with breath.

### Kemetic Yoga

Contrary to popular belief, Archeologists believe the true origins of Yoga emerged over 10,000 years ago from one of the oldest civilizations: ancient Egypt. This practice emphasizes self-discovery, breathwork, and steady ancient Yogic postures derived from ancient Egyptian hieroglyphics.

### Vinyasa Yoga

"Vinyasa" translates to "flowing with breath" and is a dynamic style of Hatha yoga which joins postures, or asanas, with your body's breath, creating a naturally steady internal rhythm.

### Power Vinyasa

Practice a strong classical sequence of postures that are linked to breath. Maximize range of motion, joint mobility, flexibility, and endurance. This style of Yoga is great for all individuals, including athletes. L3 classes can include deep inversions and handstands.

### Ashtanga Yoga

Created by K. Pattabhi Jois during the 20th century, Ashtanga Yoga connects movement with breath, reflecting the six fundamental sequence series. Students experience each pose and transition at their own pace.

# CONDITIONING

## BODYPUMP™ | BODYPUMP™ Express

This workout challenges all your major muscle groups by using the best weight-room exercises (squats, presses, lifts and curls). Powerful music, trained instructors and your choice of weight help you to get results.

## BODYJAM™

Get dancing to the latest music with the freshest moves in BODYJAM, a modern dance workout tuned to hip hop, house, drum & bass and more!

## Best Butt Now 🏋️

8 stacked compound exercises integrated with cardio and core conditioning. Best Butt Now is strategically designed to shape, lift and tone your best lower body assets in 45 mins. \*Results Guaranteed

## ViPR® H2O [Seasonal Class]

Water is denser than air. Build strength & agility fast with ViPR Pro in our 4 layered H2O-based performance workout in the pool.

## PRIME 🏋️

Delete distraction, even out muscular imbalances and zero in on results by igniting more muscles per move for a total body workout - with *one* dumbbell.

# BARRE | PILATES

## Power Pilates Mat

Using the fundamental principles created by Joseph Pilates, focus on strength, precision and flow through controlled movements using Pilates equipment imported from Europe.

## Modérne Barre 🏋️

Experience Barre and Pilates Mat class using state of the art European Pilate balls & dumbbells. Enjoy a pinch of a dancer's cardio to tone your body into a true dancer body.

## Athletic Barre

Gift yourself a total-body barre workout with dynamic strength exercises sequenced with cardio bursts to light up and condition long, lean muscles. Leave feeling energized, challenges and empowered.

# ACTIVE SERIES

## ACTIVE SERIES: Sculpt

Deconditioned? New to strength training or nursing an injury? This class is designed to increase joint stability, muscular strength and cardiovascular endurance.

## ACTIVE SERIES: Tone

A heart-healthy low-impact class for the active lifestyle. Using resistance training and stability exercises, this workout will help balance posture and tone muscles.

## ACTIVE SERIES: Aqua

This popular water workout uses buoyant weights to deliver a cardio and resistance workout. Get ready to get wet and sweat with no impact to your joints.

# ATHLETIC TRAINING

## SHOCK + SHRED 🏋️

Love bootcamps? We've mastered it. In four rotating stations, this 30-min class delivers the most unparalleled results-driven exercises using dumbbells, slam balls, battle ropes and ViPR®.

## Boxing Boot Camp

Fight, dominate and terminate the fat cells in this boxing boot camp class!

## TRUE: Sculpt

Go head-to-head in this cardio-infused workout. Expect quick fire rounds of weight sequences, core training and a whole lot of endorphins.

## TRUE: Strength

Where strength and functional training are amplified. Push more weight against circuit-style movements to take your body to the next level.

## GRIT™ Athlete

A 30-min high-intensity interval (HIIT) sports training workout, designed to make you perform like an athlete.

## GRIT™ Strength

A high-intensity interval weight training workout that will improve strength and build lean muscle mass. Participants will use a bar & weights to achieve next-level results.

## GRIT™ Cardio

A high-impact cardio workout designed to take your body to the next level using only your own body weight and runner-inspired workouts.

## Cardio Tennis | Intro Cardio Tennis

Cardio Tennis delivers an on-court, cutting-edge program that builds strength and improves tennis performance. Suitable for all level players.

# RESTORE

## Meditation | REST™ 🧘

For those who is *mind-ful* enough, step into a signature class designed by Jona Genova to correct the energetic patterning of worry that keeps you up. Experience an intentional state of REST with the support of intuitively selected healing crystals. Leave with personal guidance to support you along your journey.

## Meditation | RISE™ 🧘

Strengthen concentration and presence with Meditation Burpees with sound healing. Sharpen responsiveness and RISE to a compassion driven approach to fuller, brighter living designed by Jona Genova.

## Roll + Release 🧘

Stretch & self-massage tight muscles from your neck to your feet, increase flexibility and maximize athletic performance using Yoga Tune Up™. This class is perfect for those who are extremely tight, or need optimum athletic recovery. Suitable for all fitness levels.

# STUDIO CYCLING

## CLUB CYCLING™

This high intensity ride will have you pumping with rhythm along to beat-dropping, hip hop and edm tracks. Instant and lasting results, guaranteed.

## Cycle Express

Get in and out with a high-intensity ride where music meets movement. Let the energy move you with inspired playlists, interval drills and climbing challenges.

## Performance Cycle

Whether you're training to elevate your fitness for the outdoors or a competition, our STAGES™ performance console, will challenge you through distance, power, and time drills so you hit your PR, every time.

# WOODSIDE

MORE THAN JUST A CLASS

## BOOK YOUR SPOT IN CLASS.

All classes are bookable 48hr in advance and must be reserved. Sign up for a class that suits you best.



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

