



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS	CYCLE BEATS Ashley Altenhofen	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 Matt Smith	6:00-6:45 CS	CYCLE BEATS Cara Duke	8:00-8:45 MS	TRUE: SCULPT Jessie Gumbs	8:00-9:00 MS	BOX + HIIT Joey Betzen
6:15-7:00 MS	BODYPUMP™ 45M Monica Mallory	6:00-6:45 MS	TRUE: SCULPT Jessie Gumbs	6:15-7:00 MS	BODYPUMP™ 45M Clarke Hammes	6:00-6:45 MS	TRUE: SCULPT Jessie Gumbs	6:15-7:00 MS	TRUE: STRENGTH Jackie Sciarra	8:00-8:45 CS	CYCLE BEATS Ashley Altenhofen	8:00-8:45 CS	CYCLE BEATS Alyssa Benjamin
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	6:00-7:00 TC	CARDIO TENNIS Tennis Coach	8:00-9:00 TC	CARDIO TENNIS Tennis Coach	8:30-9:15 IP	ACTIVE AQUA Danielle E. Fowler
		7:00-7:45 MS	BODYPUMP™ 45M Jessie Gumbs	6:30-7:30 YS	HATHA YOGA L1 Gabriella Boeger	7:00-7:45 MS	BODYPUMP™ 45M Jessie Gumbs			8:00-9:00 YS	POWER VINYASA L2 Kayla Hutching	9:30-10:30 MS	ACTIVE STRENGTH Jeffery McDaniel
8:30-9:30 TC	CARDIO TENNIS Tennis Coach	8:30-9:45 YS	POWER VINYASA L2 Jordan Ryan	8:30-9:45 YS	RESTORATIVE YOGA L1 Seraphine Naeymi	8:30-9:45 YS	KEMETIC YOGA L1 <i>*Face-Mask Required</i> Dr. Auburn Ellis	8:30-9:45 YS	HATHA YOGA L1 Jordan Ryan	8:30-9:15 IP	ACTIVE AQUA Danielle E. Fowler	9:00-10:15 YS	POWER VINYASA L2 Susan Sebanc
8:30-9:45 YS	HATHA YOGA L1 Sumya Anani	8:30-9:00 MS	GRIT™ CARDIO Mallory Mahoney	8:30-9:15 MS	PILATES MAT Lacey Dawn	9:00-9:50 CS	CYCLE BEATS Kelsey Brookner	8:30-9:15 MS	PILATES MAT Christian Noni	9:00-9:30 MS	GRIT™ CARDIO Mallory Mahoney	10:00-10:50 CS	PERFORMANCE CYCLE Markey Schleis
8:30-9:15 MS	TRUE: SCULPT Thane Clark	9:00-9:50 CS	CYCLE BEATS Jeffery McDaniel	9:45-10:45 MS	BODYPUMP™ Ashlyn Jumpponen	9:30-10:15 MS	MODÉRNE BARRE Seraphine Naeymi	9:45-10:45 MS	BODYPUMP™ Anne Ruch	9:30-10:20 CS	STUDIO CYCLE Jeffery McDaniel	11:00-11:50 MS	BODYPUMP™ Jodie Schnakenberg
9:45-10:45 MS	BODYPUMP™ Jennifer Dougan	9:30-10:15 MS	MODÉRNE BARRE Seraphine Naeymi	10:15-11:30 YS	YOGA BASICS L1 & MEDITATION Carrah Quigley	10:45-11:30 MS	ACTIVE TONE Jeffery McDaniel	10:15-11:15 YS	YOGA BASICS L1 <i>*Face-Mask Required</i> Gabriella Boeger	9:30-10:30 YS	POWER VINYASA L2 Dr. Auburn Ellis	4:00-5:15 YS	VINYASA YOGA L1 Carrah Quigley
10:15-11:15 YS	YOGA BASICS L1 Gabriella Boeger	10:45-11:30 MS	ACTIVE STRENGTH Jeffery McDaniel							10:00-10:50 MS	ATHLETIC BARRE Danielle E. Fowler		
										11:15-12:15 MS	BODYPUMP™ Alex Yu		
										11:00-12:00 YS	VINYASA YOGA L2 Liza Mussatto		
12:00-12:30 MS	SHOCK + SHRED Caitlin Katz	12:00-12:45 CS	CYCLE BEATS Ashley Altenhofen	12:00-12:30 MS	SHOCK + SHRED Jackie Sciarra	12:00-12:45 CS	CYCLE BEATS Alyssa Benjamin	12:00-12:30 MS	SHOCK + SHRED Kaleb Wersland				
12:00-1:00 YS	POWER VINYASA L2 Taylor Deeds	12:00-12:45 MS	PR1ME Thane Clark	12:00-1:00 YS	POWER VINYASA L1 <i>*Face-Mask Required</i> Maria Cuevas	12:00-12:45 MS	PR1ME Caitlin Katz						
4:45-5:15 MS	BEST BUTT NOW Christian Noni	4:45- 5:30 MS	TRUE: SCULPT Angela Ansley	4:45-5:15 MS	BEST BUTT NOW Jodie Schnakenberg	4:45-5:30 MS	PR1ME Christian Noni	4:45-5:15 MS	TRUE: SCULPT Caitlin Katz				
5:30-6:00 MS	GRIT™ ATHLETE Clarke Hammes	5:30-6:45 CS	CLUB CYCLING™ Christian Noni	5:30-6:00 MS	GRIT™ STRENGTH Mallory McDonald	5:30-6:15 CS	CYCLE BEATS Ashley Altenhofen	5:30-6:15 CS	CYCLE BEATS Alyssa Benjamin				
5:30-6:30 YS	POWER VINYASA L1 <i>*Face-Mask Required</i> Maria Cuevas	5:30-6:45 YS	POWER VINYASA L2 Jordan Ryan	5:30-6:30 YS	POWER VINYASA L2 Taylor Deeds	5:30-6:45 YS	VINYASA YOGA L1 Susan Sebanc	5:30-6:15 MS	BODYPUMP™ 45M Jodie Schnakenberg				
								5:30-6:30 YS	POWER VINYASA L2 Carrah Quigley				
6:00-6:50 CS	STUDIO CYCLE Jeffery McDaniel	6:00-7:00 MS	BOX + HIIT Casey Pessetto	6:00-6:50 CS	STUDIO CYCLE Jodie Schnakenberg	6:00-7:00 MS	BOX + HIIT Mallory Mahoney						
6:30-7:20 MS	BODYPUMP™ Anne Ruch	6:00-7:00 TC	CARDIO TENNIS Tennis Coach	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	ROLL + RELEASE 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	RESTORATIVE YOGA L1 Dali Foreman								

WHAT'S NEW

FLOW ON WITH YOUR MASK ON

NOW OFFERING
***FACE-MASK REQUIRED**
YOGA CLASSESSEE NEW CLASS LISTINGS
HIGHLIGHTED IN **BOLD****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 | YING 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.

CHRISTIAN NONI | DIRECTOR OF GROUP FITNESS

CNONI@CLUBWOODSIDE.COM WOODSIDE 2000 W 47TH PL. WESTWOOD KANSAS 66205 TEL: 913.831.0034 CLUBWOODSIDE.COM

CONDITIONING

BODYPUMP™ | BODYPUMP™ 45M

A 60-min class challenging all major muscle groups using weight-room exercises (squats, presses, lifts and curls). Powerful music, trained instructors and your choice of weight help you to get results. *BODYPUMP™ 45M is a 45-min class

TRUE: STRENGTH

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

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® H20 [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.

PR1ME 🏋️

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

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.

MODERNE 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 STRENGTH

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

ACTIVE 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 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 boot camps? We've mastered it. In four rotating drills, this 30-min class delivers the most unparalleled results-driven exercises using dumbbells, minibands, ViPR® and more.

BOX + HIIT

Work your whole body & mind through rounds of different punches and strike combos with high levels of cardio to build muscle strength, sharpen reflexes and a focused mind.

ROW

Celebrated by athletes alike for "the perfect calorie burn," pull together in a music-driven rowing workout that will leave your sculpted and breathless.

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.

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 athletic-based rhythm ride features a high intensity cardio workout structured in 3 stages with custom-mixed music and meditation. Reveal your inner spirit in this epic sweaty class.

STUDIO CYCLE

You can't beat a classic. Start your ride with the fundamental basics where the music and technique is taken to the next level.

CYCLE BEATS

Immerse yourself to let the energy move you to the beat with inspirational playlists and sweaty challenges for maximum results.

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

