



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

WHAT'S NEW

## ROW INTO 2021

NEW CLASS  
**THE ROW**

*CELEBRATED AS "THE PERFECT CALORIE BURN", PULL THROUGH TOGETHER WITH MUSIC AND WEIGHTS IN THIS SIGNATURE ROWING WORKOUT.*

SEE NEW CLASS UPDATES 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

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# 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, ViPRS® 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.

## THE ROW Ⓜ

Grab weights and a bench as this class is celebrated by athletes alike for "the perfect calorie burn". Pull together in a music-driven rowing workout that will leave you 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

