



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:15-6:00 MS	<b>THE ROW *Upper-Body</b> Christian Duke	5:15-5:45 MS	<b>AMRAP *Lower-Body</b> Thane Clark	5:15-6:00 MS	<b>THE ROW *Full-Body</b> Jackie Sciara	5:15-5:45 MS	<b>AMRAP *Upper-Body</b> Amanda Nelson	5:15-6:00 MS	<b>THE ROW *Lower-Body</b> Cara Duke	8:00-8:45 MS	<b>TRUE: SCULPT</b> Jessie Gumbs	8:00-8:45 MS	<b>ACTIVE STRENGTH</b> Jeffery McDaniel
6:00-6:45 CS	<b>CYCLE BEATS</b> Ali Benjamin	5:45-6:30 CS	<b>PERFORMANCE CYCLE</b> Matt Smith	6:00-6:45 CS	<b>CYCLE BEATS</b> Cara Duke	5:45-6:30 CS	<b>PERFORMANCE CYCLE</b> Matt Smith	6:00-6:45 CS	<b>CLUB CYCLING™</b> Christian Noni	8:00-8:45 CS	<b>CYCLE BEATS</b> Ashley Altenhofen	8:30-9:15 CS	<b>CYCLE BEATS</b> Ali Benjamin
6:15-7:00 MS	<b>BODYPUMP™ 45M</b> Monica Mallory	6:00-6:45 MS	<b>TRUE: SCULPT</b> Jessie Gumbs	6:15-7:00 MS	<b>BODYPUMP™ 45M</b> Clarke Hammes	6:00-6:45 MS	<b>TRUE: SCULPT</b> Jessie Gumbs	6:15-7:00 MS	<b>TRUE: STRENGTH</b> Jackie Sciara	8:30-9:30 TC	<b>CARDIO TENNIS</b> Tennis Coach	9:00-9:45 MS	<b>BOX + HIIT</b> Micaela Riley
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			8:00-9:00 YS	<b>POWER VINYASA L2</b> Kayla Hutching	9:00-10:15 YS	<b>POWER VINYASA L</b> Susan Sebanc
7:30-8:15 MS	<b>BODYPUMP™ 45M</b> Jennifer Dougan	7:00-7:45 MS	<b>BODYPUMP™ 45M</b> Jessie Gumbs	6:30-7:30 YS	<b>HATHA YOGA L1</b> Gabriella Boeger	7:00-7:45 MS	<b>BODYPUMP™ 45M</b> Jessie Gumbs	7:30-8:15 MS	<b>BODYPUMP™ 45M</b> Ashlyn Jumpponen	9:00-9:30 MS	<b>GRIT™ CARDIO</b> Mallory Mahoney	10:00-10:50 CS	<b>PERFORMANCE CYCLE</b> Markey Schleiths
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	9:30-10:20 CS	<b>STUDIO CYCLE</b> Jeffery McDaniel	10:00-10:45 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> Ashlyn Jumpponen	9:30-10:30 YS	<b>POWER VINYASA L2</b> Dr. Auburn Ellis	11:15-12:00 MS	<b>THE ROW *Full-Body</b> Micaela Riley
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	10:00-10:50 MS	<b>ATHLETIC BARRE</b> Danielle E. Fowler	12:15-1:00 MS	<b>THE ROW *Full-Body</b> Micaela Riley
9:45-10:45 MS	<b>BODYPUMP™</b> Monica Mallory	9:30-10:15 MS	<b>MODÉRNE BARRE</b> Seraphine Naeymi	10:15-11:15 YS	<b>YOGA BASICS L1</b> Seraphine Naeymi	10:45-11:30 MS	<b>ACTIVE TONE</b> Julia Boyes	10:15-11:15 YS	<b>YOGA BASICS L1</b> <i>*Face-Mask Required</i> Gabriella Boeger	11:15-12:15 MS	<b>BODYPUMP™</b> Alex Yu	4:00-5:15 YS	<b>VINYASA YOGA L1</b> Dali Foreman
10:15-11:15 YS	<b>YOGA BASICS L1</b> <i>*Face-Mask Required</i> Gabriella Boeger	10:45-11:30 MS	<b>ACTIVE STRENGTH</b> Jeffery McDaniel							11:00-12:15 YS	<b>POWER VINYASA L2</b> Liza Perkins		
				12:00-1:00 TC	<b>CARDIO TENNIS</b> Tennis Coach								
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> Ali 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>PR1ME</b> Thane Clark	12:00-1:00 YS	<b>POWER VINYASA L1</b> <i>*Face-Mask Required</i> Seraphine Naeymi	12:00-12:45 MS	<b>PR1ME</b> Caitlin Katz	12:00-12:45 CS	<b>CYCLE BEATS</b> Thomas Tyler				
4:45-5:30 MS	<b>BEST BUTT NOW</b> Christian Noni	4:45- 5:15 MS	<b>GRIT™ STRENGTH</b> Alex Yu	4:45-5:30 MS	<b>BEST BUTT NOW</b> Jodie Schnakenberg	4:45-5:15 MS	<b>GRIT™ STRENGTH</b> Clarke Hammes	4:45-5:30 MS	<b>TRUE: SCULPT</b> Caitlin Katz				
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5:30-6:30 YS	<b>POWER VINYASA L1</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> 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				
		5:45-6:30 MS	<b>THE ROW *Lower-Body</b> Cara Duke			5:45-6:30 MS	<b>THE ROW *Upper-Body</b> Micaela Riley	5:30-6:30 YS	<b>POWER VINYASA L2</b> Liza Perkins				
6:00-6:50 CS	<b>STUDIO CYCLE</b> Jeffery McDaniel	6:00-7:00 TC	<b>CARDIO TENNIS</b> Tennis Coach	6:00-6:50 CS	<b>STUDIO CYCLE</b> Jodie Schnakenberg	6:30-7:15 CS	<b>CYCLE BEATS</b> Ashley Altenhofen						
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6:45-7:30 MS	<b>BODYPUMP™</b> Anne Ruch	6:45-7:30 MS	<b>THE ROW *Full-Body</b> Cara Duke	6:45-7:30 MS	<b>BODYPUMP™</b> Anne Ruch	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	7:00-8:00 YS	<b>RESTORATIVE YOGA L1</b> Dali Foreman								

### WHAT'S NEW

## BRING THE HEAT BEFORE SPRING

### NEW CLASS

## AMRAP

**GO HEAVY TO BUILD STRENGTH & SCULPTED RESULTS IN OUR DIVIDED 30 MIN UPPER & LOWER BODY WOD.**

SEE NEW CLASS UPDATES HIGHLIGHTED IN **BOLD**

### STUDIO KEY

- YS YOGA STUDIO
- MS MAIN STUDIO
- CS CYCLE STUDIO
- OP OUTDOOR POOL
- LP LOWER POOL DECK

# YOGA

## YOGA LEVEL GUIDE

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

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

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 edition

### 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.

### VIPR® H20 [Seasonal Class]

Water is denser than air. Build strength & agility 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.

### AMRAP

Go heavy to build strength with our divided 30-min upper/lower body focused WOD. \*Sculpted Results Guaranteed

# 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 [Seasonal Class]

Uses buoyant weights to deliver a cardio and resistance workout. Get ready to workout 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.

## THE 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

