



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:15-6:00 MS	THE ROW *Upper-Body Christian Duke	5:15-5:45 MS	AMRAP *Lower-Body Christian Duke	5:15-6:00 MS	THE ROW *Full-Body Tiffany Butterfras	5:15-5:45 MS	AMRAP *Upper-Body Thane Clark	5:15-6:00 MS	THE ROW *Lower-Body Christian Duke	8:00-8:45 MS	TRUE: SCULPT Jessie Gumbs	8:00-8:45 MS	ACTIVE STRENGTH Jeffery McDaniel
6:00-6:45 CS	CYCLE BEATS Kelsey Brookner	5:45-6:30 CS	PERFORMANCE CYCLE Matt Smith	6:00-6:45 CS	CYCLE BEATS Guest Instructor	5:45-6:30 CS	PERFORMANCE CYCLE Matt Smith	6:00-6:45 CS	CLUB CYCLING™ Christian Noni	8:00-8:45 CS	CYCLE BEATS Ashley Altenhofen	8:30-9:20 CS	PERFORMANCE CYCLE Markey Schleihs
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 Christian Duke	8:00-9:00 YS	CARDIO TENNIS Tennis Coach	9:00-9:45 MS	BOX + HIIT Mallory Mahoney
6:30-7:30 YS	HATHA YOGA L1 Kyra Weinberger	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			8:30-9:30 TC	POWER VINYASA L2 Kayla Hutchings	9:00-10:15 YS	POWER VINYASA L2 Susan Sebanc
7:30-8:15 MS	BODYPUMP™ 45M Jennifer Dougan	7:00-7:45 MS	BODYPUMP™ 45M Holly Hammes	6:30-7:30 YS	HATHA YOGA L1 Sarah Dunne Pickrell	7:00-7:45 MS	BODYPUMP™ 45M Monica Mallory	7:30-8:15 MS	BODYPUMP™ 45M Ashlyn Jumpponen	9:00-9:30 MS	GRIT™ CARDIO Mallory Mahoney	10:00-10:45 CS	CYCLE BEATS Kayla LeDoux
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 Dr. Auburn Ellis	8:30-9:45 YS	HATHA YOGA L1 Jordan Ryan	9:30-10:20 CS	STUDIO CYCLE Jeffrey McDaniel	10:00-10:45 MS	BODYPUMP™ 45M Jodie Schnakenberg
8:30-9:45 YS	HATHA YOGA L1 Sumya Anani	8:30-9:00 MS	SHOCK + SHRED Christian Duke	8:30-9:15 MS	PILATES MAT Heather Dillman	8:30-9:00 MS	SHOCK + SHRED Christian Noni	8:30-9:15 MS	ATHLETIC BARRE Ashlyn Jumpponen	9:30-10:30 YS	POWER VINYASA L2 Dr. Auburn Ellis	11:15-12:00 MS	THE ROW *Full-Body Tiffany Butterfras
8:30-9:15 MS	TRUE: SCULPT Thane Clark	9:00-9:45 CS	CYCLE BEATS Jeffery McDaniel	9:30-10:30 MS	BODYPUMP™ Ashlyn Jumpponen	9:00-9:45 CS	CYCLE BEATS Tiffany Butterfras	9:30-10:30 MS	BODYPUMP™ Anne Ruch	10:00-10:50 MS	ATHLETIC BARRE Danielle E. Fowler	4:00-5:15 YS	RESTORATIVE YOGA L1 Katie Brown
9:30-10:30 MS	BODYPUMP™ Jessie Gumbs	9:30-10:15 MS	MODÉRNE BARRE Seraphine Naeymi	10:15-11:15 YS	YOGA BASICS L1 Sarah Dunne Pickrell	9:30-10:15 MS	MODÉRNE BARRE Seraphine Naeymi	10:15-11:15 YS	YOGA BASICS L1 Dali Foreman	11:15-12:15 MS	BODYPUMP™ Alex Yu		
10:15-11:15 YS	YOGA BASICS L1 Dali Foreman	10:30-11:15 MS	ACTIVE STRENGTH Jeffery McDaniel	12:00-1:00 TC	CARDIO TENNIS Tennis Coach	10:30-11:15 MS	ACTIVE TONE Tiffany Butterfras			11:00-12:15 YS	ASHTANGA YOGA L2 Kyra Weinberger		

12:00-12:30 MS	SHOCK + SHRED Caitlin Katz	12:00-12:45 CS	CYCLE BEATS Ashley Altenhofen	12:00-12:45 CS	CYCLE BEATS Thomas Tyler	12:00-12:45 CS	CYCLE BEATS Kayla LeDoux	12:00-12:45 CS	CYCLE BEATS Thomas Tyler
12:00-1:00 YS	POWER VINYASA L2 Taylor Deeds	12:00-12:45 MS	AMRAP Thane Clark	12:00-12:30 MS	SHOCK + SHRED Thane Clark	12:00-12:45 MS	PR1ME Caitlin Katz	12:00-12:30 MS	SHOCK + SHRED Kaleb Wersland
				12:00-1:00 YS	POWER VINYASA L1 Seraphine Naeymi				

4:45-5:30 MS	BEST BUTT NOW Christian Noni	4:45- 5:15 MS	GRIT™ STRENGTH Alex Yu	4:45-5:30 MS	BEST BUTT NOW Jodie Schnakenberg	4:45-5:15 MS	GRIT™ STRENGTH Clarke Hammes	4:45-5:30 MS	TRUE: SCULPT Caitlin Katz
5:45-6:30 MS	BOX + HIIT Mallory Mahoney	5:30-6:15 CS	CLUB CYCLING™ Christian Noni	5:45-6:30 MS	BOX + HIIT Mallory Mahoney	5:30-6:15 CS	CYCLE BEATS Thomas Tyler	5:30-6:15 CS	CYCLE BEATS Kayla LeDoux
5:30-6:30 YS	POWER VINYASA L1 Maria Cuevas	5:30-6:30 LPT	POWER VINYASA L2 Emily Cox	5:30-6:30 YS	POWER VINYASA L2 Seraphine Naeymi	5:30-6:30 LPT	POWER VINYASA L2 Emily Cox	5:45-6:30 MS	BODYPUMP™ 45M Jodie Schnakenberg
5:30-6:15 LPT	TRUE: SCULPT Caitlin Katz	5:45-6:30 MS	THE ROW *Lower-Body Guest Instructor	5:30-6:15 LPT	TRUE: SCULPT Ashlyn Jumpponen	5:45-6:30 MS	THE ROW *Upper-Body Guest Instructor		
6:00-6:50 CS	STUDIO CYCLE Jeffery McDaniel	6:00-7:00 TC	CARDIO TENNIS Tennis Coach	6:00-6:50 CS	STUDIO CYCLE Jodie Schnakenberg	6:45-7:30 MS	THE ROW *Full-Body Guest Instructor		
6:00-7:00 TC	CARDIO TENNIS Tennis Coach	6:45-7:30 MS	THE ROW *Full-Body Guest Instructor	6:00-7:00 TC	INTRO CARDIO TENNIS Tennis Coach	6:45-8:00 YS	YIN YOGA L1 MEDITATION RISE™ Katie Brown		
6:45-7:30 MS	BODYPUMP™ Anne Ruch	6:45-8:00 YS	ASHTANGA YOGA L2 Kyra Weinberger	6:45-7:30 MS	BODYPUMP™ Anne Ruch				
6:45-8:00 YS	ROLL + RELEASE MEDITATION REST™ Christian Noni			6:45-7:45 YS	RESTORATIVE YOGA L1 Dali Foreman				

WHAT'S NEW

TAKE IT OUTSIDE.

NEW OUTDOOR CLASSES

EXPERIENCE YOUR FAVORITE WOODSIDE **SIGNATURE CLASSES COMPLETELY OUTDOORS.**

SEE NEW CLASS UPDATES **HIGHLIGHTED IN BOLD**

STUDIO KEY

YS	YOGA STUDIO
MS	MAIN STUDIO
CS	CYCLE STUDIO
LP	LAP POOL
LPT	LOWER POOL TERRACE
UP	UPPER POOL
TC	TENNIS COURT

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, or known as 'the eight limbs of 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 edition

TRUE: STRENGTH

Where strength and functional training are amplified. Replace cardio with circuit-style movements against heavy weights 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.

SWIMLAB [Seasonal Class]

Crave an outdoor athletic challenge? Elevate your swim laps into high performance training to amplify endurance and power.

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.

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]

Use buoyant weights to deliver a cardio and resistance workout. Get ready to get wet 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 Ⓜ

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 | RADIATE® Ⓜ

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.

**BE
TRANSFORMED
IN BODY
AND MIND
BOOK A 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

