



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	7:30-8:15 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 Kayla LeDoux	5:45-6:30 CS	PERFORMANCE CYCLE Matt Smith	6:00-6:45 CS	CYCLE BEATS Ashlyn Jumpponen	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	AMRAP *Full-Body Christian Duke	8:00-9:00 YS	YOGA FOUNDATIONS Jenny Martin	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	6:30-7:30 YS	HATHA YOGA L1 Sarah Dunne Pickrell	6:00-7:00 TC	CARDIO TENNIS Tennis Coach			8:30-9:00 MS	GRIT™ CARDIO Mallory Mahoney	9:00-10:00 YS	YOGA FOUNDATIONS Chris Douglas
7:30-8:15 MS	BODYPUMP™ 45M Jennifer Dougan	7:00-7:45 MS	BODYPUMP™ 45M Holly Hammes	8:30-9:45 YS	YIN YOGA L1 Seraphine Naeymi	7:00-7:45 MS	BODYPUMP™ 45M Monica Mallory	7:30-8:15 MS	BODYPUMP™ 45M Ashlyn Jumpponen	8:30-9:30 TC	CARDIO TENNIS Tennis Coach	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	8:30-9:15 MS	PILATES MAT Heather Dillman	8:30-9:45 YS	KEMETIC YOGA L1 Dr. Auburn Ellis	8:30-9:45 YS	HATHA YOGA L1 Jordan Ryan	9:15-10:00 MS	BODYPUMP™ 45M Alex Yu	10:00-10:45 MS	BODYPUMP™ 45M Jodie Schnakenberg
8:30-9:45 YS	HATHA YOGA L1 Sumya Anani	8:30-9:15 MS	TRUE: SCULPT Christian Duke	9:30-10:30 MS	BODYPUMP™ Ashlyn Jumpponen	8:30-9:15 MS	TRUE: SCULPT Thane Clark	8:30-9:15 MS	ATHLETIC BARRE Ashlyn Jumpponen	9:30-10:20 CS	STUDIO CYCLE Jeffery McDaniel	11:15-12:00 MS	THE ROW *Full-Body Tiffany Butterfras
8:30-9:15 MS	PILATES MAT Heather Dillman	9:00-9:45 CS	CYCLE BEATS Jeffery McDaniel	10:15-11:15 YS	YOGA FOUNDATIONS Sarah Dunne Pickrell	9:00-9:45 CS	CYCLE BEATS Tiffany Butterfras	9:30-10:30 MS	BODYPUMP™ Anne Ruch	9:30-10:30 YS	POWER VINYASA L2 Dr. Auburn Ellis	4:00-5:15 YS	RESTORATIVE YOGA L1 Katie Brown
9:30-10:30 MS	BODYPUMP™ Tiffany Butterfras	9:30-10:15 MS	MODÉRNE BARRE	12:00-1:00 TC	CARDIO TENNIS Tennis Coach	9:30-10:15 MS	MODÉRNE BARRE	10:15-11:15 YS	YOGA FOUNDATIONS Dali Foreman	10:15-11:00 MS	THE ROW *Full-Body Thane Clark		
10:15-11:15 YS	YOGA FOUNDATIONS Dali Foreman	10:30-11:15 MS	ACTIVE STRENGTH Jeffery McDaniel			10:30-11:15 MS	ACTIVE TONE Tiffany Butterfras			11:15-12:00 MS	ATHLETIC BARRE Danielle E. Fowler		
										11:00-12:15 YS	ASHTANGA YOGA L2 Kyra Weinberger		
12:00-12:30 MS	SHOCK + SHRED	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	12:00-12:45 MS	PR1ME	12:00-12:30 MS	SHOCK + SHRED				
				12:00-1:00 YS	POWER VINYASA L1 Katie Brown								
4:45-5:30 MS	BEST BUTT NOW	4:45- 5:15 MS	GRIT™ STRENGTH Alex Yu	4:45-5:30 MS	BEST BUTT NOW	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 YS	POWER VINYASA L2 Emily Cox	5:30-6:30 YS	POWER VINYASA L1 Seraphine Naeymi	5:30-6:30 YS	POWER VINYASA L2 Emily Cox	5:45-6:30 MS	BODYPUMP™ 45M Jodie Schnakenberg				
6:00-6:50 CS	STUDIO CYCLE Jeffery McDaniel	5:45-6:30 MS	THE ROW *Lower-Body Guest Instructor	6:00-6:50 CS	STUDIO CYCLE Jodie Schnakenberg	5:45-6:30 MS	THE ROW *Upper-Body Guest Instructor						
6:00-7:00 TC	CARDIO TENNIS Tennis Coach	6:00-7:00 TC	CARDIO TENNIS Tennis Coach	6:00-7:00 TC	INTRO CARDIO TENNIS Tennis Coach	6:45-7:30 MS	THE ROW *Full-Body Guest Instructor						
6:45-7:30 MS	BODYPUMP™ 45M Anne Ruch	6:45-7:30 MS	THE ROW *Full-Body Guest Instructor	6:45-7:30 MS	BODYPUMP™ 45M Anne Ruch	6:45-8:00 YS	ASHTANGA YOGA L2 Kyra Weinberger						
6:45-8:00 YS	ROLL + RELEASE MEDITATION REST™ Christian Noni	6:45-8:00 YS	ASHTANGA YOGA L2 Kyra Weinberger	6:45-8:00 YS	YIN YOGA L1 Katie Brown								

WHAT'S NEW

GIFT YOURSELF REAL RESULTS.

CLASSES STRATEGICALLY SCHEDULED FOR YOU TO OBTAIN **YOUR 3 KEY ESSENTIALS**. MAINTAIN RESULTS WITH **CARDIO, STRENGTH AND REGENERATIVE** CLASSES.

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 SINGLE LEG CROW POSE AND ASSISTED / TRIPOD 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 FOUNDATIONS

Explore key essential L1 yoga poses in a safe and open environment. Class emphasis is on alignment, strength, and full range of motion through a variety of standing and seated postures. Perfect for those who desire more mobility or are limited in flexibility.

RESTORATIVE YOGA

Restorative yoga embodies a meditative practice that guides opening your body through long passive stretching [between 5-10 minutes] using blocks, blankets and bolsters. This style works to release tension and harmonize the body's life force.

YIN YOGA

Yin yoga guides regenerative poses that are held 2-5 minutes each. Incorporate principles of traditional Chinese medicine and asanas that work with the energy meridians in your body, cultivating active stretch in your connective tissues. Experience increased flexibility, improved posture and joint mobility.

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 | POWER VINYASA

"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 classes highlight classical poses for longer and deeper periods.

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. Note: Traditional Ashtanga classes are conducted without music.

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

BEST BODY NOW

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 lower body 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 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-full 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 on 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™ massage balls. 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.

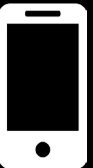
PERFORMANCE CYCLE

Whether you're training 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

