



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> Christian Duke	5:15-6:00 MS	<b>THE ROW *Full-Body</b> Tiffany Butterfras	5:15-5:45 MS	<b>AMRAP *Upper-Body</b> Thane Clark	5:15-6:00 MS	<b>THE ROW *Lower-Body</b> Christian Duke	7:30-8:15 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> Tiffany Butterfras	5:45-6:30 CS	<b>PERFORMANCE CYCLE</b> Matt Smith	6:00-6:45 CS	<b>CYCLE BEATS</b> Kayla LeDoux	5:45-6:30 CS	<b>PERFORMANCE CYCLE</b> Matt Smith	6:00-6:45 CS	<b>CYCLE BEATS</b> Ali Benjamin	8:00-8:45 CS	<b>CYCLE BEATS</b> Ashley Altenhofen	8:30-9:20 CS	<b>PERFORMANCE CYCLE</b> Markey Schleichs
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>AMRAP *Full-Body</b> Christian Duke	8:00-9:00 YS	<b>YOGA FOUNDATIONS</b> Jenny Martin	9:00-9:45 LP	<b>ACTIVE AQUA</b> Danielle Fowler
6:30-7:30 YS	<b>HATHA YOGA L1</b> Jenny Martin	6:00-7:00 TC	<b>CARDIO TENNIS</b> Tennis Coach	6:30-7:30 YS	<b>HATHA YOGA L1</b> Sarah Dunne Pickrell	6:00-7:00 TC	<b>CARDIO TENNIS</b> Tennis Coach	6:30-7:30 YS	<b>VINYASA YOGA L2</b> Madison Jarmusch	8:30-9:00 MS	<b>GRIT™ CARDIO</b> Mallory Mahoney	9:00-9:45 MS	<b>BOX + HIIT</b> Mallory Mahoney
8:30-9:30 TC	<b>CARDIO TENNIS</b> Tennis Coach	7:00-8:00 UP	<b>SWIMLAB</b> Nikita Alveggard	8:30-9:15 YS	<b>PILATES MAT</b> Heather Dillman	7:00-8:00 UP	<b>SWIMLAB</b> Nikita Alveggard	7:30-8:15 MS	<b>BODYPUMP™ 45M</b> Ashlyn Jumpponen	8:30-9:30 TC	<b>CARDIO TENNIS</b> Tennis Coach	9:00-10:00 YS	<b>YOGA FOUNDATIONS</b> Chris Douglas
8:30-9:15 YS	<b>PILATES MAT</b> Diana Biribin	7:00-7:45 MS	<b>BODYPUMP™ 45M</b> Angela Ansley	9:30-10:30 MS	<b>BODYPUMP™</b> Ashlyn Jumpponen	7:00-7:45 MS	<b>BODYPUMP™ 45M</b> Monica Mallory	8:30-9:30 YS	<b>HATHA YOGA L1</b> Jordan Ryan	9:00-9:45 LP	<b>ACTIVE AQUA</b> Danielle Fowler	10:00-10:45 CS	<b>CYCLE BEATS</b> Kayla LeDoux
9:30-10:30 MS	<b>BODYPUMP™</b> Tiffany Butterfras	8:30-9:45 YS	<b>POWER VINYASA L2</b> Jordan Ryan	9:30-10:30 YS	<b>YOGA FOUNDATIONS</b> Sarah Dunne Pickrell	8:30-9:45 YS	<b>HATHA YOGA L1</b> Victoria Lynn	8:30-9:15 MS	<b>ATHLETIC BARRE</b> Ashlyn Jumpponen	9:15-10:00 MS	<b>BODYPUMP™ 45M</b> Alex Yu	10:00-11:00 MS	<b>BODYPUMP™</b> Jodie Schnakenberg
9:30-10:30 YS	<b>YOGA FOUNDATIONS</b> Jenny Martin	8:00-8:45 MS	<b>TRUE: SCULPT</b> Brett Terp	9:00-9:45 CS	<b>CYCLE BEATS</b> Jeffery McDaniel	8:00-8:45 MS	<b>TRUE: SCULPT</b> Thane Clark	9:30-10:30 MS	<b>BODYPUMP™</b> Anne Ruch	9:30-10:20 CS	<b>STUDIO CYCLE</b> Jeffery McDaniel	11:00-12:00 YS	<b>POWER VINYASA L1</b> Victoria Lynn
		9:00-9:45 CS	<b>CYCLE BEATS</b> Jeffery McDaniel	9:00-9:45 MS	<b>MODÉRNE BARRE</b> Seraphine Arrocha	9:00-9:45 CS	<b>CYCLE BEATS</b> Jeffery McDaniel	9:45-10:45 YS	<b>YOGA FOUNDATIONS</b> Jodi Garbison	9:30-10:30 YS	<b>POWER VINYASA L2</b> Caroline Dahm	4:00-5:15 YS	<b>YIN YOGA L1</b> Katie Brown
		9:00-9:45 MS	<b>MODÉRNE BARRE</b> Seraphine Arrocha	10:15-11:00 MS	<b>ACTIVE TONE</b> Jeffery McDaniel	9:00-9:45 MS	<b>MODÉRNE BARRE</b> Seraphine Arrocha			10:15-11:00 MS	<b>THE ROW *Full-Body</b> Casey Pessetto		
12:00-12:45 CS	<b>CYCLE BEATS</b> Ali Benjamin	10:15-11:15 YS	<b>HATHA YOGA L1</b> Madison Jarmusch	12:00-12:45 CS	<b>CYCLE BEATS</b> Thomas Tyler	10:15-11:15 YS	<b>HATHA YOGA L1</b> Seraphine Arrocha	12:00-12:45 CS	<b>CYCLE BEATS</b> Thomas Tyler	11:15-12:00 MS	<b>ATHLETIC BARRE</b> Danielle E. Fowler		
12:00-12:45 MS	<b>SHOCK + SHRED</b> <b>+ BEST ABS NOW</b> Caitlin Katz	12:00-12:45 CS	<b>CYCLE BEATS</b> Ashley Altenhofen	12:00-12:45 MS	<b>SHOCK + SHRED</b> <b>+ BEST ARMS NOW</b> Kaleb Wersland	12:00-12:45 CS	<b>CYCLE BEATS</b> Kayla LeDoux	12:00-12:45 MS	<b>SHOCK + SHRED</b> <b>+ BEST ABS NOW</b> Thane Clark				
12:00-1:00 YS	<b>POWER VINYASA L2</b> Taylor Deeds	12:00-12:45 MS	<b>THE ROW</b> Thane Clark	12:00-1:00 YS	<b>POWER VINYASA L1</b> Katie Brown	12:00-12:45 MS	<b>THE ROW</b> Caitlin Katz						
4:45-5:30 MS	<b>BEST BUTT NOW</b> <b>+ BEST ARMS NOW</b> Gianna Ferrante	4:45- 5:15 MS	<b>GRIT™ STRENGTH</b> Alex Yu	4:45-5:30 MS	<b>BEST BUTT NOW</b> <b>+ BEST ABS NOW</b> Ashlyn Jumpponen	4:45-5:15 MS	<b>GRIT™ STRENGTH</b> Clarke Hammes	4:45-5:30 MS	<b>TRUE: SCULPT</b> Caitlin Katz				
5:30-6:30 YS	<b>POWER VINYASA L1</b> Maria Cuevas	5:30-6:15 CS	<b>CLUB CYCLING™</b> Christian Noni	5:30-6:30 YS	<b>POWER VINYASA L1</b> Seraphine Arrocha	5:30-6:15 CS	<b>CYCLE BEATS</b> Thomas Tyler	4:45-5:30 CS	<b>CYCLE BEATS</b> Jodie Schnakenberg				
5:45-6:30 MS	<b>BOX + HIIT</b> Mallory Mahoney	5:30-6:30 YS	<b>POWER VINYASA L2</b> Emily Cox	5:45-6:30 MS	<b>BOX + HIIT</b> Mallory Mahoney	5:30-6:30 YS	<b>POWER VINYASA L2</b> Emily Cox	5:45-6:30 MS	<b>BODYPUMP™ 45M</b> Jodie Schnakenberg				
6:00-6:50 CS	<b>STUDIO CYCLE</b> Jeffery McDaniel	5:30-6:00 MS	<b>BEST ABS NOW</b> Regan Haster	6:00-6:50 CS	<b>STUDIO CYCLE</b> Ashlyn Jumpponen	5:30-6:00 MS	<b>BEST ABS NOW</b> Tiffany Butterfras						
6:00-7:00 TC	<b>CARDIO TENNIS</b> Tennis Coach	6:15-7:00 MS	<b>THE ROW *Lower-Body</b> Regan Haster	6:00-7:00 TC	<b>INTRO CARDIO TENNIS</b> Tennis Coach	6:15-7:00 MS	<b>THE ROW *Upper-Body</b> Tiffany Butterfras						
6:45-7:30 MS	<b>BODYPUMP™ 45M</b> Anne Ruch	6:00-7:00 TC	<b>CARDIO TENNIS</b> Tennis Coach	6:45-7:30 MS	<b>BODYPUMP™ 45M</b> Anne Ruch	6:30-7:15 CS	<b>CYCLE BEATS</b> Kayla LeDoux						
6:45-8:00 YS	<b>ROLL + RELEASE</b> <b>MEDITATION REST™</b> Christian Noni	6:30-7:15 CS	<b>CYCLE BEATS</b> Thomas Tyler	6:45-8:00 YS	<b>YIN YOGA L1</b> Katie Brown	6:45-8:00 YS	<b>ASHTANGA YOGA L2</b> Kyra Weinberger						
		6:45-8:00 YS	<b>ASHTANGA YOGA L2</b> Kyra Weinberger										

WHAT'S NEW

## NEW CLASS SWIMLAB

ELEVATE YOUR OUTDOOR SWIM LAPS INTO HIGH PERFORMANCE WITH EQUIPMENT TO **AMPLIFY ENDURANCE, BREATHWORK, AND TECHNIQUE.**

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

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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

## BEST ABS NOW

Ignite your core and metabolism with a challenging workout that builds abdominal muscles and enhances total-body performance with core + cardio exercises. \*BEST ABS NOW is available in 15-minute and 30- minute classes.

## 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.

## BEST ARMS NOW

Sculpt and tone eye-catching arms in 15 minutes flat with time under tension using dumbbells, resistance gear, and grit.

## SWIMLAB

Elevate your outdoor swim laps into high performance with equipment to amplify endurance, breathwork and technique.

## 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 upper/lower body focused WOD. \*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 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

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 myofascial 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

