



MONDAY NOV 21    TUESDAY NOV 22    WEDNESDAY NOV. 23    THANKSGIVING DAY    FRIDAY NOV 25    SATURDAY NOV. 26    SUNDAY NOV. 27

5:15-6:00 MS	<b>THE ROW *Upper-Body</b> Tiffany Butterfras	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			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> Ashlyn Moos	5:45-6:30 CS	<b>PERFORMANCE CYCLE</b> Matt Smith	6:00-6:45 CS	<b>CYCLE BEATS</b> Megan Dodd			8:00-8:45 CS	<b>CYCLE BEATS</b> Megan Dodd	8:30-9:20 CS	<b>PERFORMANCE CYCLE</b> Markay Schleihs
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			8:00-9:00 YS	<b>YOGA FOUNDATIONS</b> Jenny Martin	9:00-9:45 MS	<b>BOX + H.I.IT</b> Mallory Mahoney
6:30-7:30 YS	<b>HATHA YOGA L1</b> Jenny Martin	7:00-7:45 MS	<b>BODYPUMP™ 45M</b> Angela Ansley	6:30-7:30 YS	<b>HATHA YOGA L1</b> Sarah Dunne Pickrell	8:30-9:30 YS	<b>YIN YOGA L1</b> Katie Brown	8:30-9:00 MS	<b>GRIT™ CARDIO</b> Mallory Mahoney	9:00-10:00 YS	<b>YOGA FOUNDATIONS</b> Chris Douglas
8:30-9:15 YS	<b>PILATES MAT</b> Diana Biribin	8:30-9:45 YS	<b>POWER VINYASA L2</b> Jordan Ryan	8:30-9:15 YS	<b>PILATES MAT</b> Heather Dillman	8:00-8:45 MS	<b>BODYPUMP™ 45M</b> Jodie Schnakenberg	7:30-8:15 MS	<b>BODYPUMP™ 45M</b> Ashlyn Jumpponen	9:15-10:00 MS	<b>CYCLE BEATS</b> Guest Instructor
9:30-10:30 MS	<b>BODYPUMP™</b> Tiffany Butterfras	8:00-8:45 MS	<b>TRUE: SCULPT</b> Brett Terp	9:30-10:30 MS	<b>BODYPUMP™</b> Ashlyn Jumpponen	9:00-9:45 CS	<b>CYCLE BEATS</b> Christian Noni	8:30-9:30 YS	<b>HATHA YOGA L1</b> Jordan Ryan	9:30-10:20 CS	<b>BODYPUMP™</b> Jodie Schnakenberg
9:30-10:30 YS	<b>YOGA FOUNDATIONS</b> Jenny Martin	9:00-9:45 CS	<b>CYCLE BEATS</b> Jeffery McDaniel	9:30-10:30 YS	<b>YOGA FOUNDATIONS</b> Jodi Garbison	9:00-9:30 MS	<b>SHOCK + SHRED</b>	8:30-9:15 MS	<b>ATHLETIC BARRE</b> Ashlyn Jumpponen	9:30-10:30 YS	<b>POWER VINYASA L1</b> Victoria Lynn
		9:00-9:45 MS	<b>MODÉRNE BARRE</b>			9:45-10:45 MS	<b>BODYPUMP™</b> Anne Ruch	9:30-10:30 MS	<b>BODYPUMP™</b> Anne Ruch	10:15-11:00 MS	<b>YIN YOGA L1</b> Katie Brown
		10:15-11:00 MS	<b>ACTIVE TONE</b> Jeffery McDaniel			10:00-11:00 YS	<b>FLOW OF GRATITUDE</b> Jordan Ryan	9:45-10:45 YS	<b>YOGA FOUNDATIONS</b> Jodi Garbison	11:00-12:15 YS	<b>ASHTANGA YOGA L2</b> Kyra Weinberger
		10:15-11:15 YS	<b>HATHA YOGA L1</b> Madison Jarmusch			10:15-11:00 CS	<b>CYCLE BEATS</b> Megan Dodd			11:15-12:00 MS	<b>ATHLETIC BARRE</b> Danielle E. Fowler
12:00-12:45 CS	<b>CYCLE BEATS</b> Ashlyn Moos	12:00-12:45 CS	<b>CYCLE BEATS</b> Ashley Altenhofen	12:00-12:45 CS	<b>CYCLE BEATS</b> Guest Instructor	12:00-12:45 MS	<b>THE ROW *Full-Body</b> Tiffany Butterfras	12:00-12:45 CS	<b>CYCLE BEATS</b> Ashlyn Moos		
12:00-12:30 MS	<b>SHOCK + SHRED</b>	12:00-12:45 MS	<b>THE ROW</b> Thane Clark	12:00-12:30 MS	<b>SHOCK + SHRED</b>	12:00-1:00 YS	<b>POWER VINYASA L1</b> Kristine Palka	12:00-12:30 MS	<b>SHOCK + SHRED</b>		
12:00-1:00 YS	<b>POWER VINYASA L2</b> Taylor Deeds	12:00-12:45 YS	<b>PILATES MAT</b> Tyra Prosser	12:00-1:00 YS	<b>POWER VINYASA L1</b> Katie Brown			12:00-1:00 YS	<b>POWER VINYASA L1</b> Kristine Palka		
4:45-5:30 MS	<b>BEST BUTT NOW</b>	4:45- 5:15 MS	<b>GRIT™ STRENGTH</b> Alex Yu	4:45-5:30 MS	<b>BEST BUTT NOW</b>			4:45-5:30 MS	<b>TRUE: SCULPT</b> Cait 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			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			5:45-6:30 MS	<b>BODYPUMP™ 45M</b> Jodie Schnakenberg		
6:00-6:50 CS	<b>STUDIO CYCLE</b> Jeffery McDaniel	6:15-7:00 MS	<b>THE ROW *Lower-Body</b> Regan Haster	6:00-6:50 CS	<b>STUDIO CYCLE</b> Ashlyn Jumpponen						
6:45-7:30 MS	<b>BODYPUMP™ 45M</b> Anne Ruch	6:30-7:15 CS	<b>CYCLE BEATS</b> Guest Instructor	6:45-7:30 MS	<b>BODYPUMP™ 45M</b> Anne Ruch						
6:45-8:00 YS	<b>ROLL + RELEASE MEDITATION REST™</b>	6:45-8:00 YS	<b>ASHTANGA YOGA L2</b> Kyra Weinberger	6:45-8:00 YS	<b>YIN YOGA L1</b> Katie Brown						

WHAT'S NEW

# GET INSTANT RESULTS.

OBTAIN REAL RESULTS IN ANY OF OUR WORLD-CLASS PREMIUM CLASSES.

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 inverted pose where both feet are positioned higher than heart.

**L1 FOR NEW OR THOSE LIMITED IN FLEXIBILITY. CLASSES MAY INCLUDE LOTUS, DOWNDOG, AND AIRPLANE POSE.**



**L2 BUILD ON ELEVATED POSES LINKED TO BREATH TO MAXIMIZE STAMINA. CLASSES MAY INCLUDE DANCER POSE, ONE-LEGGED SIDE PLANK, AND ARM BALANCES.**



**L3 HIGHEST DEGREE OF EXPERIENCE ADVISED. CLASSES MAY INCLUDE BACKBENDS, SCORPION POSE, AND HEAD / HANDSTAND POSES.**



## 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.

## 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, 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 whose are 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.

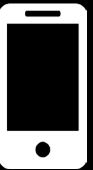
## PERFORMANCE CYCLE

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

