



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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	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> Ashlyn Moos	5:45-6:30 CS	<b>PERFORMANCE CYCLE</b> Matt Smith	6:00-6:45 CS	<b>CYCLE BEATS</b> Megan Dodd	5:45-6:30 CS	<b>PERFORMANCE CYCLE</b> Matt Smith	6:00-6:45 CS	<b>CYCLE BEATS</b> Ashlyn Jumpponen	<b>8:00-8:45 CS</b>	<b>CYCLE BEATS</b> Megan Dodd	8:30-9:20 CS	<b>PERFORMANCE CYCLE</b> Markey 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	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 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	7:00-7:45 MS	<b>BODYPUMP™ 45M</b> Monica Mallory	6:30-7:30 YS	<b>VINYASA YOGA L2</b> Madison Jarmusch	8:30-9:00 MS	<b>GRIT™ CARDIO</b> Mallory Mahoney	9:00-10:00 YS	<b>YOGA FOUNDATIONS</b> Chris Douglas
<b>8:30-9:15 YS</b>	<b>PILATES MAT</b> Kristine Marie	7:30-8:45 YS	<b>POWER VINYASA L2</b> Jordan Ryan	8:30-9:15 YS	<b>PILATES MAT</b> Heather Dillman	7:30-8:45 YS	<b>POWER VINYASA L1</b> Angelina Strobel	7:30-8:15 MS	<b>BODYPUMP™ 45M</b> Ashlyn Jumpponen	9:15-10:00 MS	<b>BODYPUMP™ 45M</b> Alex Yu	<b>10:00-10:45 CS</b>	<b>CYCLE BEATS</b> Ashlyn Moos
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	8:00-8:45 MS	<b>TRUE: SCULPT</b> Thane Clark	8:30-9:30 YS	<b>HATHA YOGA L1</b> Jordan Ryan	9:30-10:20 CS	<b>CYCLE BEATS</b> Jeffery McDaniel	10:00-11:00 MS	<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	9:00-9:45 CS	<b>CYCLE BEATS</b> Jeffery McDaniel	8:30-9:15 MS	<b>ATHLETIC BARRE</b> Ashlyn Jumpponen	9:30-10:30 YS	<b>POWER VINYASA L2</b> Caroline Dahm	10:15-11:00 YS	<b>ATHLETIC BARRE</b> Danielle E. Fowler
		<b>9:00-9:45 YS</b>	<b>MODÉRNE BARRE</b> Grayson Donachie			<b>9:00-9:45 YS</b>	<b>MODÉRNE BARRE</b> Grayson Donachie	9:30-10:30 MS	<b>BODYPUMP™</b> Anne Ruch	10:15-11:00 MS	<b>THE ROW *Full-Body</b> Casey Pessetto	11:15-12:15 YS	<b>POWER VINYASA L1</b> Victoria Lynn
		10:15-11:00 MS	<b>ACTIVE TONE</b> Jeffery McDaniel			10:15-11:00 MS	<b>ACTIVE TONE</b> Jeffery McDaniel	9:45-10:45 YS	<b>YOGA FOUNDATIONS</b> Jodi Garbison	11:00-12:15 YS	<b>ASHTANGA YOGA L2</b> Kyra Weinberger	4:00-5:15 YS	<b>YIN YOGA L1</b> Katie Brown
		10:15-11:15 YS	<b>HATHA YOGA L1</b> Madison Jarmusch			<b>10:15-11:15 YS</b>	<b>HATHA YOGA L1</b> Grayson Donachie						
<b>12:00-12:45 CS</b>	<b>CYCLE BEATS</b> Ashlyn Jumpponen	12:00-12:45 CS	<b>CYCLE BEATS</b> Ashley Altenhofen	12:00-12:45 CS	<b>CYCLE BEATS</b> Cait Katz	12:00-12:45 CS	<b>CYCLE BEATS</b> Ashlyn Jumpponen	12:00-12:45 CS	<b>CYCLE BEATS</b> Ashlyn Moos				
12:00-12:30 MS	<b>SHOCK + SHRED</b> Cait Katz	12:00-12:45 MS	<b>THE ROW</b> Thane Clark	12:00-12:30 MS	<b>SHOCK + SHRED</b> Kaleb Wersland	12:00-12:45 MS	<b>THE ROW *Full-Body</b> Cait Katz	12:00-12:30 MS	<b>SHOCK + SHRED</b> Thane Clark				
12:00-1:00 YS	<b>POWER VINYASA L2</b> Taylor Deeds	<b>12:00-12:45 CS</b>	<b>PILATES MAT</b> Whitney Beller	12:00-1:00 YS	<b>POWER VINYASA L1</b> Katie Brown	<b>12:00-12:45 MS</b>	<b>ATHLETIC BARRE</b> Kristine Marie	12:00-1:00 MS	<b>POWER VINYASA L1</b> Madison Jarmusch				
4:45-5:30 MS	<b>BEST BUTT 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> Ashlyn Jumpponen	4:45-5:15 MS	<b>GRIT™ STRENGTH</b> Clarke Hammes	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> Chaz Feurestine	5:30-6:15 CS	<b>CLUB CYCLING™</b> Christian Noni	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	<b>5:45-6:30 MS</b>	<b>BOX + HIIT</b> Brett Terp	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>CYCLE BEATS</b> Jeffery McDaniel	5:30-6:00 MS	<b>BEST ABS NOW</b> Regan Haster	6:00-6:50 CS	<b>CYCLE BEATS</b> Ashlyn Jumpponen	5:30-6:00 MS	<b>BEST ABS NOW</b> Tiffany Butterfras						
6:45-7:30 MS	<b>BODYPUMP™ 45M</b> Anne Ruch	6:15-7:00 MS	<b>THE ROW *Lower-Body</b> Regan Haster	6:45-7:30 MS	<b>BODYPUMP™ 45M</b> Anne Ruch	6:15-7:00 MS	<b>THE ROW *Upper-Body</b> Tiffany Butterfras						
<b>6:45-8:00 YS</b>	<b>ROLL + RELEASE MEDITATION REST™</b> Christian Noni	6:45-8:00 YS	<b>ASHTANGA YOGA L2</b> Kyra Weinberger	6:45-8:00 YS	<b>YIN YOGA L1</b> Katie Brown	6:45-8:00 YS	<b>ASHTANGA YOGA L2</b> Kyra Weinberger						

WHAT'S NEW

# CLASSES TO TAKE YOU HIGHER.

OBTAIN REAL RESULTS IN OUR WORLD-CLASS PREMIUM GROUP FITNESS CLASSES. RESERVE A CLASS TODAY.

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

A gentle, healing practice that guides your body through long passive stretching [between 5-10 minutes] and breathwork using diaphragmatic sandbags. Relax your muscles, ease your mind and nurture your 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 experience using mini bands, 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

A therapeutic program that uses myofascial massage balls to roll out tight muscles from your neck to your feet, and diaphragmatic sandbags with restorative stretches to increase flexibility. This class is perfect for those who are extremely tight or need optimum recovery to maximize athletic performance. Suitable for all fitness levels.

# STUDIO CYCLING

## CYCLE: THE BEAT

More than a workout - it's a feeling that you are unstoppable. Let yourself become one with movements and rhythm. Like your favorite playlist, this class will give you all the inspiration you need to set yourself free and crush your goals.

## CYCLE: THE RIDE

Immerse yourself in a cinema-scale workout with inspirational playlists that transformed digitally. This ride takes motivation and energy output to the next level, burning serious calories.

## CYCLE: THE ROAD

Whether you're training for the outdoors or a competition, our STAGES™ performance bikes will challenge you through distance, power, and time drills so you hit your PR, every time.

# TRANSFORMED IN BODY AND MIND BOOK A CLASS

All classes are bookable 48hr in advance and must be reserved. Sign up for a class today.



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

Class un-enrollment closes 1-hour prior to start of scheduled class. Avoid \$10.00 No-Show fee by un-enrolling 1 hour prior to start of scheduled class time/date. Members must check into club and with instructor before class.

