



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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5:15 - 6:00 LB THE LAB // ROW Tiffany Butterfras	5:15 - 5:45 LB THE LAB // RUN Tiffany Butterfras	5:15 - 6:00 LB THE LAB // HIIT Victoria Marx	5:15 - 5:45 LB THE LAB // RUN Hannah Bortnick	5:15 - 6:00 LB THE LAB // ROW Victoria Marx	7:30 - 8:15 TY AMRAP Hannah Jones	8:00 - 8:45 FS ACTIVE TONE Jeffery McDaniel
6:15 - 7:00 LB THE LAB // HIIT Tiffany Butterfras	6:00 - 6:45 LB THE LAB // HIIT Ashlyn Jumpponen	6:15 - 7:00 LB THE LAB // HIIT Hannah Bortnick	6:00 - 6:45 LB THE LAB // HIIT Christian Noni	6:15 - 7:00 LB THE LAB // HIIT Hannah Bortnick	8:00 - 8:45 CS CYCLE // THE BEAT Guest Instructor	8:30 - 9:20 CS CYCLE // THE ROAD Markey Schleihs
6:00 - 6:45 CS CYCLE // THE BEAT Guest Instructor	5:45 - 6:30 CS CYCLE // THE ROAD Matt Smith	6:00 - 6:45 CS CYCLE // THE BEAT Becca Reuban	5:45 - 6:30 CS CYCLE // THE ROAD Matt Smith	6:00 - 6:45 CS CYCLE // THE BEAT Ashlyn Jumpponen	8:00 - 9:00 YS YOGA FOUNDATIONS Miriam Zavagnin	9:00 - 9:45 YD BOX + HIIT Mallory Mahoney
6:15 - 7:00 YD AMRAP Holly Hammes	6:00 - 6:45 YD BOX + HIIT Megan White	6:00 - 7:00 FS BODYPUMP™ Holly Hammes	6:00 - 6:45 YD BOX + HIIT Guest Instructor	6:30 - 7:30 YS VINYASA YOGA L2 Madison Jarmusch	8:30 - 9:00 FS GRIT™ CARDIO Mallory Mahoney	9:00 - 9:45 LB THE LAB // RUN Guest Instructor
6:00 - 7:00 FS BODYPUMP™ Monica Mallory	6:00 - 6:45 FS YOGA SCULPT Guest Instructor	6:30 - 7:30 YS HATHA YOGA L1 Tresa Carter	6:00 - 6:45 FS YOGA SCULPT W Andre Carvo	7:15 - 8:00 LB THE LAB // RUN Gigi Ferrante	9:00 - 9:45 CS CYCLE // THE BEAT Jeffery McDaniel	9:00 - 10:00 YS POWER VINYASA L1 Kayla Hutchings
6:30 - 7:30 YS HATHA YOGA L1 Madison Jarmusch	6:00 - 7:00 YS HATHA YOGA L1 Madison Jarmusch	7:15 - 8:00 LB THE LAB // RUN Gigi Ferrante	6:00 - 7:00 YS HATHA YOGA L1 Chris Douglas	7:30 - 8:15 FS BODYPUMP™ Ashlyn Jumpponen	9:00 - 9:45 LB THE LAB // HIIT Joseph Grisafe	9:00 - 10:00 FS BODYPUMP™ Jodie Schnakenberg
8:30 - 9:30 YS YOGA FOUNDATIONS Jodi Garbison	7:00 - 7:45 FS BODYPUMP™ 45M Clarke Hammes	8:30 - 9:30 YS YOGA FOUNDATIONS Jodi Garbison	7:00 - 7:45 FS BODYPUMP™ 45M Monica Mallory	8:30 - 9:15 FS ATHLETIC BARRE Ashlyn Jumpponen	9:15 - 10:00 FS BODYPUMP™ 45M Rob Givens	10:00 - 10:45 LB THE LAB // HIIT Casey Pessetto
8:30 - 9:15 FS ATHLETIC BARRE Gigi Ferrante	7:30 - 8:45 YS VINYASA YOGA + PRANAYAMA Jordan Ryan	8:30 - 9:15 FS MODÉRNE BARRE W Seraphine Naeymi	7:30 - 8:45 YS VINYASA YOGA + SOUND HEALING Jordan Ryan	8:30 - 9:30 YS YOGA FOUNDATIONS Katie Brown	9:30 - 10:30 YS POWER VINYASA L2 Trevor Karasek	10:00 - 10:45 CS CYCLE // THE BEAT Bianca Bonilla
9:30 - 10:30 FS BODYPUMP™ Tiffany Butterfras	8:00 - 8:45 YD BOX + HIIT Brett Terp	9:00 - 9:45 LB THE LAB // HIIT Madison Sha	8:00 - 8:45 YD BOX + HIIT Hannah Jones	9:00 - 9:45 LB THE LAB // HIIT Christian Noni	10:00 - 10:45 LB THE LAB // ROW Jenny Sylvester	10:15 - 11:00 FS YOGA SCULPT W Seraphine Naeymi
9:45 - 10:45 YS HATHA YOGA L1 + BREATHWORK Miriam Zavagnin	9:00 - 9:45 CS CYCLE // THE BEAT Jeffery McDaniel	9:30 - 10:30 FS BODYPUMP™ Ashlyn Jumpponen	9:00 - 9:45 CS CYCLE // THE BEAT Jeffery McDaniel	9:30 - 10:30 FS BODYPUMP™ Anne Ruch	10:00 - 10:45 CS CYCLE // THE BEAT Becca Reuban	11:15 - 12:00 FS MODÉRNE BARRE W Seraphine Naeymi
	9:00 - 9:45 FS MODÉRNE PILATES W Seraphine Naeymi	9:45 - 10:45 YS HATHA YOGA L1 Seraphine Naeymi	9:00 - 9:45 FS MODÉRNE PILATES W Seraphine Naeymi	9:45 - 10:45 YS HATHA YOGA L1 Andre Carvo	10:00 - 10:45 YD BOX + HIIT Joseph Grisafe	11:15 - 12:15 YS POWER VINYASA L2 Andre Carvo
	10:15 - 11:00 FS ACTIVE TONE Jeffery McDaniel		10:15 - 11:00 FS ACTIVE TONE Jeffery McDaniel		10:15 - 11:00 FS ATHLETIC BARRE Danielle E. Fowler	4:00 - 5:15 YS YIN YOGA L1 + MEDITATION Katie Brown
	10:15 - 11:15 YS HATHA YOGA L1 Katie Brown		10:15 - 11:15 YS HATHA YOGA L1 Seraphine Naeymi		11:00 - 12:15 YS ASHTANGA YOGA L2 W Kyra Weinberger	
					11:15 - 12:00 FS BODYPUMP™ 45M Alex Yu	
12:00 - 12:45 CS CYCLE // THE BEAT Ashlyn Jumpponen	12:00 - 12:45 CS CYCLE // THE BEAT Ashley Altenhofen	12:00 - 12:45 CS CYCLE // THE BEAT Bianca Bonilla	12:00 - 12:45 CS CYCLE // THE BEAT Ashlyn Jumpponen	12:00 - 12:45 CS CYCLE // THE BEAT Megan White	12:00 - 12:45 CS CYCLE // THE BEAT Megan White	
12:00 - 12:45 LB THE LAB // HIIT Victoria Marx	12:00 - 12:45 LB THE LAB // RUN Madison Sha	12:00 - 12:45 LB THE LAB // HIIT Christian Noni	12:00 - 12:45 LB THE LAB // RUN Jenny Sylvester	12:00 - 12:45 LB THE LAB // HIIT Joseph Grisafe	12:00 - 12:45 LB THE LAB // HIIT Joseph Grisafe	
12:00 - 1:00 YS POWER VINYASA L2 Jordan Ryan	12:00 - 12:45 FS MODÉRNE PILATES W Rachel Katz	12:00 - 1:00 YD SHOCK + SHRED Kaleb Wersland	12:00 - 12:45 FS MODÉRNE PILATES W Rachel Katz	12:00 - 1:00 YD SHOCK + SHRED Kate Humphrey	12:00 - 1:00 YD SHOCK + SHRED Kate Humphrey	
	12:00 - 1:00 YS YIN + SOUND HEALING Angelina Strobel	12:00 - 1:00 YS POWER VINYASA L1 Katie Brown	12:00 - 1:00 YS VINYASA YOGA + PRANAYAMA Miriam Zavagnin	12:00 - 1:00 YS POWER VINYASA L2 Andre Carvo	12:00 - 1:00 YS POWER VINYASA L2 Andre Carvo	
4:30 - 5:15 FS BEST BUTT NOW W Gigi Ferrante	4:45 - 5:15 FS GRIT™ STRENGTH Alex Yu	4:30 - 5:15 FS BEST BUTT NOW W Ashlyn Jumpponen	4:45 - 5:15 FS GRIT™ STRENGTH Clarke Hammes	4:30 - 5:15 FS BEST BUTT NOW W Joseph Grisafe		
5:30 - 6:30 FS POWER VINYASA L1 Caroline Dahm	5:30 - 6:15 CS CYCLE // THE BEAT Christian Noni	5:30 - 6:30 FS POWER VINYASA L1 Chaz Feuerstine	5:30 - 6:15 CS CYCLE // THE BEAT Megan White	4:45 - 5:30 CS CYCLE // THE BEAT Jodie Schnakenberg		
5:30 - 6:15 LB THE LAB // HIIT Gianna Ferrante	5:30 - 6:30 FS POWER VINYASA L2 Emily Cox	5:30 - 6:15 LB THE LAB // HIIT Gigi Ferrante	5:30 - 6:30 FS POWER VINYASA L2 Emily Cox	5:45 - 6:30 FS BODYPUMP™ 45M Jodie Schnakenberg		
5:30 - 6:30 YS ROLL + RELEASE W MEDITATION REST Christian Noni	5:30 - 6:45 YS ASHTANGA YOGA L2 W Kyra Weinberger	5:30 - 6:30 YS SOUND HEALING + BREATHWORK Vivian Parks	5:30 - 6:45 YS ASHTANGA YOGA L2 W Kyra Weinberger			
5:45 - 6:30 YD BOX + HIIT Mallory Mahoney	5:30 - 6:00 LB THE LAB // RUN Joseph Grisafe	5:45 - 6:30 YD BOX + HIIT Brett Terp	5:30 - 6:00 LB THE LAB // RUN Tiffany Butterfras			
6:00 - 6:50 CS CYCLE // THE BEAT Jeffrey McDaniel	6:15 - 7:00 YD AMRAP Joseph Grisafe	6:00 - 6:50 CS CYCLE // THE BEAT Ashlyn Jumpponen	6:15 - 7:00 YD AMRAP Tiffany Butterfras			
6:30 - 7:15 LB THE LAB // HIIT Gigi Ferrante	6:30 - 7:15 CS CYCLE // THE BEAT Katie Lockee	6:30 - 7:15 LB THE LAB // HIIT Gigi Ferrante				
6:45 - 7:30 FS BODYPUMP™ 45M Anne Ruch	6:45 - 7:30 FS ATHLETIC BARRE Ashlyn Jumpponen	6:45 - 7:30 FS BODYPUMP™ 45M Anne Ruch				
		6:45 - 8:00 YS YIN YOGA L1 + MEDITATION Katie Brown				

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- YS YOGA STUDIO
- FS FITNESS STUDIO
- CS CYCLE STUDIO
- YD THE YARD
- LB THE LAB

YOGA

YOGA FOUNDATIONS

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

RESTORATIVE | YIN YOGA

Restorative yoga embodies the practice of guiding you through long passive stretching [between 5-10 minutes]. 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

HATHA YOGA

Flow from pose to pose, linking controlled movements with breath and exploring opposing energies through a slower pace.

VINYASA | POWER VINYASA

A dynamic style of hatha yoga which joins asanas with your breath, creating a naturally quicker rhythm through a constant flow of movements for longer and deeper periods.

ASHTANGA YOGA

Known as the "eight limbs of yoga," this format connects movement with breath, reflecting the six fundamental sequence series. Note: Conducted without music.

YOGA SCULPT

A vinyasa flow that combines cardiovascular bodyweight toning exercises with weights and traditional yoga poses.

YOGA LEVEL GUIDE

Levels are defined by the degree of inversed pose where both feet are positioned higher than the heart.

L1 FOR THOSE WHO ARE NEW OR 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.



CONDITIONING

AMRAP

Challenge yourself to completing as many rounds as possible using a variety of equipment in this high-energy, strength-focused workout.

BODYPUMP™ | BODYPUMP™ 45M

Challenge all major muscle groups using weight room exercises like squats, presses, lifts, and curls, using powerful music, encouraging instructors and your choice of weight.

BEST BUTT NOW

Eight stacked lower body exercises integrated with cardio and core conditioning, strategically designed to shape, lift, and tone.

PRIME

Delete distraction, even out muscular imbalances and ignite more muscles per move for a total body workout with just one dumbbell.

SWIMLAB [Seasonal Class]

Elevate your swim laps with coaching to increase endurance and improve breathwork and technique.

CYCLING

CYCLE // THE BEAT

With high-quality sound, curated hit playlists and a theater-like screen featuring beat-driven motion graphics, transform your ride into an experience fueled by rhythm and movement. Let THE BEAT ignite you and fuel your success.

CYCLE // THE ROAD

Prepare to push your limits in our performance-focused class: experience theater-quality sound with distance, power, and time drills. Test your endurance, conquer your PR and see where THE ROAD takes you.

LOW IMPACT

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.

LES MILLS TONE

Burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility, and core strength.

ACTIVE AQUA [Seasonal Class]

Use buoyant weights to deliver a cardio and resistance workout with no impact to your joints.

ATHLETIC TRAINING

SHOCK + SHRED

A boot camp-type class using a variety of equipment in four rotating drills.

BOX + HIIT

Not just a boxing class - BOX + HIIT works your entire body through timed intervals with stations using slam balls, push sleds and more to maximize strength and endurance. *Boxing gloves recommended but not required.

GRIT™ ATHLETIC

A HIIT sports conditioning workout, designed to make you perform like an athlete.

GRIT™ STRENGTH

A HIIT workout, designed to improve strength, cardiovascular fitness and build lean muscle.

GRIT™ CARDIO

A HIIT workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

THE LAB // HIIT

A circuit workout combining treadmill, floor and rowing intervals, including the use of dumbbells, Bulgarian bags and other equipment.

THE LAB // RUN

A treadmill workout that incorporates the use of dumbbells, Bulgarian bags and other equipment. This workout is specifically designed to enhance your speed and strength by combining speed, intervals and strength training.

THE LAB // ROW

A rowing + floor workout featuring a range of equipment including dumbbells and Bulgarian bags to boost your speed and strength. This class integrates speed, intervals and strength training to deliver a comprehensive workout.

BARRE + PILATES

MODÉRNE PILATES

An elevated hybrid reformer mat class using the fundamental principles created by Joseph Pilates. Focus on strength and precision through controlled movements using Pilates equipment imported from Europe.

MODÉRNE 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.

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 | RISE*

Strengthen concentration and presence with Meditation Burpees. Sharpen responsiveness to radiate compassion for a fuller and 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. You'll also use diaphragmatic sandbags paired with restorative stretches to increase flexibility. This class is a perfect recovery option for those with tight muscles.

PRANAYAMA

Use breathwork to promote a feeling of inner balance, which can help support improvements in stress, sleep quality, digestion, focus, mood and more.

DIAPHRAGMATIC BREATHWORK

Utilize your diaphragm and breath to modulate your nervous system to self-regulate and initiate healing.

SOUND HEALING

A deeply immersive, full body listening experience that uses a variety of sounds to nurture body and mind.

BOOK A CLASS

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

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4. Under Club tab select Woodside.
5. Choose category of fitness class.
6. Select class to sign up and complete reservation.

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