



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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 YD	AMRAP Hannah Jones	8:00 - 8:45 FS	ACTIVE TONE Jeffery McDaniel
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 - 8:45 CS	CYCLE // THE BEAT Katie Locke	8:30 - 9:20 CS	CYCLE // THE ROAD Markey Schleihs
6:00 - 7:00 FS	BODYPUMP™ Monica Mallory	6:00 - 6:45 LB	THE LAB // HIIT Ashlyn Jumpponen	6:00 - 7:00 FS	BODYPUMP™ Rob Givens	6:00 - 6:45 LB	THE LAB // HIIT Christian Noni	6:15 - 7:00 LB	THE LAB // HIIT Hannah Bortnick	8:00 - 9:00 YS	YOGA FOUNDATIONS Miriam Zavagnin	9:00 - 9:45 YD	BOX + HIIT Mallory Mahoney
6:15 - 7:00 YD	AMRAP Cole Crooker	6:00 - 7:00 LP	SWIMLAB Nikita Alvegaard	6:15 - 7:00 YD	AMRAP Cole Crooker	6:00 - 7:00 LP	SWIMLAB Nikita Alvegaard	6:30 - 7:30 YS	POWER VINYASA L2 Madison Jarmusch	8:30 - 9:00 FS	GRIT™ CARDIO Mallory Mahoney	9:00 - 9:45 LB	THE LAB // RUN Maryssa Buffano
6:15 - 7:00 LB	THE LAB // HIIT Tiffany Butterfras	6:00 - 6:45 YD	BOX + HIIT Megan White	6:15 - 7:00 LB	THE LAB // HIIT Hannah Bortnick	6:00 - 6:45 YD	BOX + HIIT Hannah Bortnick	7:15 - 8:00 LB	THE LAB // RUN Gigi Ferrante	9:00 - 9:45 UP	ACTIVE AQUA Danielle E. Fowler	9:00 - 10:00 YS	POWER VINYASA L1 Kayla Hutchings
6:30 - 7:30 YS	HATHA YOGA L1 Madison Jarmusch	6:00 - 6:45 FS	YOGA SCULPT W Faith Connelly	6:30 - 7:30 YS	HATHA YOGA L1 Tresa Carter	6:00 - 6:45 FS	YOGA SCULPT W Andre Carvo	7:30 - 8:15 FS	BODYPUMP™ Ashlyn Jumpponen	9:00 - 9:45 CS	CYCLE // THE BEAT Jeffery McDaniel	9:00 - 10:00 FS	BODYPUMP™ Jodie Schnakenberg
8:30 - 9:30 YS	YOGA FOUNDATIONS Jodi Garbison	6:30 - 7:15 YS	HATHA YOGA L1 Madison Jarmusch	7:15 - 8:00 LB	THE LAB // RUN Gigi Ferrante	6:30 - 7:15 YS	HATHA YOGA L1 Chris Douglas	8:30 - 9:15 FS	ATHLETIC BARRE Ashlyn Jumpponen	9:00 - 9:45 LB	THE LAB // HIIT Ashlyn Jumpponen	10:00 - 10:45 LB	THE LAB // HIIT Casey Pessetto
8:30 - 9:15 FS	ATHLETIC BARRE Madison Sha	7:00 - 7:45 FS	BODYPUMP™ 45M Anne Ruch	8:30 - 9:30 YS	YOGA FOUNDATIONS Jodi Garbison	7:00 - 7:45 FS	BODYPUMP™ 45M Monica Mallory	8:30 - 9:30 YS	YOGA FOUNDATIONS Jodi Garbison	9:15 - 10:00 FS	BODYPUMP™ 45M Rob Givens	10:00 - 10:45 CS	CYCLE // THE BEAT Bianca Bonilla
9:30 - 10:30 FS	BODYPUMP™ Tiffany Butterfras	7:30 - 8:45 YS	VINYASA YOGA + PRANAYAMA Andre Carvo	8:30 - 9:15 FS	MODÉRNE BARRE W Seraphine Naeymi	7:30 - 8:45 YS	VINYASA YOGA + PRANAYAMA Erin Tschantret	9:00 - 9:45 LB	THE LAB // HIIT Victoria Marx	9:30 - 10:30 YS	POWER VINYASA L2 Trevor Karasek	10:15 - 11:00 CF	SKILLWALK Steve Kapp
9:45 - 10:45 YS	HATHA YOGA L1 + BREATHWORK Erin Conyers	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	9:30 - 10:30 FS	BODYPUMP™ Anne Ruch	10:00 - 10:45 LB	THE LAB // ROW Jenny Sylvester	10:15 - 11:00 FS	YOGA SCULPT W Seraphine Naeymi
		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	9:45 - 10:45 YS	HATHA YOGA L1 Erin Tschantret	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	10:15 - 11:00 CF	SKILLWALK Jeffrey McDaniel	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 CF	SKILLWALK Steve Kapp	10:15 - 11:00 FS	ACTIVE TONE Jeffery McDaniel	10:15 - 11:00 FS	ATHLETIC BARRE Danielle E. Fowler	10:15 - 11:00 FS	ATHLETIC BARRE Danielle E. Fowler	12:30 - 1:00 YS	TAI' CHI Luke Welsh
		10:15 - 11:15 YS	HATHA YOGA L1 Jordan Ryan			10:15 - 11:15 YS	HATHA YOGA L1 Seraphine Naeymi			11:00 - 12:15 YS	ASHTANGA YOGA L2 W Kyra Weinberger	4:00 - 5:15 YS	YIN YOGA L1 + MEDITATION Guest Instructor
										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 Guest instructor	12:00 - 12:45 CS	CYCLE // THE BEAT Ashlyn Jumpponen	12:00 - 12:45 CS	CYCLE // THE BEAT Ashlyn Jumpponen	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 // RUN Jenny Sylvester	12:00 - 12:45 LB	THE LAB // HIIT Joseph Grisafe		
12:00 - 1:00 YS	POWER VINYASA L2 Taylor Deeds	12:00 - 12:30 YD	SHOCK + SHRED Kaleb Wersland	12:00 - 1:00 YS	POWER VINYASA L1 Jordan Ryan	12:00 - 12:30 YD	SHOCK + SHRED Lauren Johnson	12:00 - 1:00 YS	POWER VINYASA L2 Andre Carvo	12:00 - 1:00 YS	POWER VINYASA L2 Andre Carvo		
		12:00 - 12:45 FS	MODÉRNE PILATES W Rachel Katz			12:00 - 12:45 FS	MODÉRNE PILATES W Rachel Katz						
		12:00 - 1:00 YS	YIN YOGA Dali Foreman			12:00 - 1:00 YS	VINYASA YOGA + PRANAYAMA						
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 Alex Yu	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 - 6:00 LB	THE LAB // RUN Joseph Grisafe	5:30 - 6:30 YS	SOUND HEALING + BREATHWORK Vivian Parks	5:30 - 6:00 LB	THE LAB // RUN Tiffany Butterfras						
5:45 - 6:30 YD	BOX + HIIT Mallory Mahoney	6:00 - 7:15 YS	ASHTANGA YOGA L2 W Kyra Weinberger	5:45 - 6:30 YD	BOX + HIIT Brett Terp	6:00 - 7:15 YS	ASHTANGA YOGA L2 W Kyra Weinberger						
6:00 - 6:50 CS	CYCLE // THE BEAT Jeffrey McDaniel	6:15 - 7:00 YD	AMRAP Guest instructor	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	6:45 - 7:30 FS	ATHLETIC BARRE Ashlyn Jumpponen	6:30 - 7:15 LB	THE LAB // HIIT Gigi Ferrante								
6:45 - 7:30 FS	BODYPUMP™ 45M Anne Ruch			6:45 - 7:30 FS	BODYPUMP™ 45M Anne Ruch								
				6:45 - 8:00 YS	YIN YOGA L1 + MEDITATION Erin Tschantret								

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- YS YOGA STUDIO
- FS FITNESS STUDIO
- CS CYCLE STUDIO
- YD THE YARD
- LB THE LAB
- UP UPPER POOL
- LP LOWER LAP POOL
- CF CARDIO FLOOR SOUTH CLUB

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 individualized training to increase Improve technique, strength and agility. .

STRETCH + MOBILITY [Seasonal Class]

Stretching + corrective exercises are vital parts of a high performance lifestyle. Reboot your body post-performance with sequences to elevate your results.

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

SKILLWALK

A low-impact treadmill walking class featuring wireless Sound Off™ wireless headphones. This class is designed to improve posture, burn calories, and tone muscles.

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 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 - work your entire body through timed intervals with stations using slam balls, push sleds and more to maximize strength and agility. *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.

T'AI CHI [Seasonal Class]

T'ai Chi 太极 is an internal martial arts widely practiced for its many health benefits. T'ai Chi is a slow-moving study in meditation that requires the practitioner to be alert yet relaxed mind, body, and breathing.

BOOK A CLASS

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

1. Download CLUB WOODSIDE app.
2. Select My Account on menu and log in.
3. Select Class Schedule.
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.