

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>5:15 - 6:00 LB</b>	<b>THE LAB // ROW</b> Kate Kacsur	<b>5:15 - 5:45 LB</b>	<b>THE LAB // RUN</b> Ashlyn Jumpponen	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 Alyse Smith	<b>5:15 - 5:45 YD</b>	<b>AMRAP</b> Hannah Bortnick	6:00 - 6:45 CS	CYCLE // THE BEAT Becca Reuban	<b>5:15 - 5:45 YD</b>	<b>AMRAP</b> Kate Kacsur	6:00 - 6:45 CS	CYCLE // THE BEAT Ashlyn Jumpponen	8:00 - 8:45 CS	CYCLE // THE BEAT Alyse Smith	8:30 - 9:20 CS	CYCLE // THE ROAD Markey Schleihs
6:00 - 7:00 FS	BODYPUMP™ Monica Mallory	5:45 - 6:30 CS	CYCLE // THE ROAD Matt Smith	6:00 - 7:00 FS	BODYPUMP™ Rob Givens	5:45 - 6:30 CS	CYCLE // THE ROAD Matt Smith	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 - 6:45 LB	THE LAB // HIIT Ashlyn Jumpponen	6:15 - 7:00 YD	AMRAP Cole Crooker	6:00 - 6:45 LB	THE LAB // HIIT Maryssa Buffano	<b>6:15 - 7:00 YD</b>	<b>AMRAP</b> Victoria Marx	8:30 - 9:15 YD	STRETCH + MOBILITY Eric Vargas	9:00 - 9:45 LB	THE LAB // RUN Maryssa Buffano
<b>6:15 - 7:00 LB</b>	<b>THE LAB // HIIT</b> Kate Kacsur	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	6:30 - 7:30 YS	POWER VINYASA L2 Madison Jarmusch	8:30 - 9:00 FS	GRIT™ CARDIO Mallory Mahoney	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 ● Faith Connelly	6:30 - 7:30 YS	HATHA YOGA L1 Tresa Carter	6:00 - 6:45 FS	YOGA SCULPT ● Andre Carvo	7:15 - 8:00 LB	THE LAB // RUN Gigi Ferrante	9:00 - 9:45 CS	CYCLE // THE ROAD 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	7:30 - 8:15 FS	BODYPUMP™ 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 Jennifer Dougan	8:30 - 9:30 YS	YOGA FOUNDATIONS Erin Tschantret	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 CS	CYCLE // THE BEAT Bianca Bonilla
9:30 - 10:30 FS	BODYPUMP™ Tiffany Butterfras	8:00 - 8:45 YD	BOX + HIIT Brett Terp	8:30 - 9:15 FS	MODÉRNE BARRE ● Seraphine Naeymi	8:00 - 8:45 YD	BOX + HIIT Hannah Jones	8:30 - 9:30 YS	YOGA FOUNDATIONS Jodi Garbison	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 Laura Johnston	8:30 - 9:30 YS	FELDENKRAIS + HATHA YOGA Barbara Anderson	9:00 - 9:45 LB	THE LAB // HIIT Madison Sha	8:30 - 9:30 YS	VINYASA YOGA + PRANAYAMA Erin Tschantret	9:00 - 9:45 LB	THE LAB // HIIT Victoria Marx	10:00 - 10:45 LB	THE LAB // ROW Kate Kacsur	10:15 - 11:00 FS	YOGA SCULPT ● Seraphine Naeymi
10:15 - 11:00 CF	SKILLWALK David Bellis	9:00 - 9:45 CS	CYCLE // THE ROAD Jeffery McDaniel	9:30 - 10:30 FS	BODYPUMP™ Ashlyn Jumpponen	9:00 - 9:45 CS	CYCLE // THE ROAD Jeffery McDaniel	9:45 - 10:45 YS	HATHA YOGA L1 Andre Carvo	10:00 - 10:45 CS	CYCLE // THE BEAT Becca Reuban	11:15 - 12:00 FS	MODÉRNE BARRE ● Seraphine Naeymi
		9:00 - 9:45 FS	MODÉRNE PILATES ● Seraphine Naeymi	9:45 - 10:45 YS	HATHA YOGA L1 Seraphine Naeymi	9:00 - 9:45 FS	MODÉRNE PILATES ● Seraphine Naeymi	10:15 - 11:00 CF	ACTIVE TONE Jeffery 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 CF	SKILLWALK Jeffrey McDaniel	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 ● Kyra Weinberger	4:00 - 5:15 YS	YIN YOGA L1 + MEDITATION Stephanie Sturges
										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 ROAD Ashley Altenhofen	12:00 - 12:45 CS	CYCLE // THE BEAT Alyse Smith	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	<b>12:00 - 12:45 LB</b>	<b>THE LAB // HIIT</b> Cait Katz				
<b>12:00 - 1:00 YS</b>	<b>ASHTANGA YOGA L1</b> Jordan Ryan	12:00 - 12:30 YD	SHOCK + SHRED Kaleb Wersland	<b>12:00 - 1:00 YS</b>	<b>ASHTANGA YOGA L1</b> Kyra Weinberger	12:00 - 12:30 YD	SHOCK + SHRED Eric Vargas	12:00 - 1:00 YS	POWER VINYASA L2 Andre Carvo				
		12:00 - 12:45 FS	MODÉRNE PILATES ● Rachel Katz			12:00 - 12:45 FS	MODÉRNE PILATES ● Rachel Stevens						
		12:00 - 1:00 YS	YIN YOGA L1 Dali Foreman			<b>12:00 - 1:00 YS</b>	<b>RESTORATIVE YOGA L1</b> Christian Noni						
4:30 - 5:15 FS	BEST BUTT NOW ● Wasu Janis	4:45 - 5:15 FS	GRIT™ STRENGTH Alex Yu	4:30 - 5:15 FS	BEST BUTT NOW ● Ashlyn Jumpponen	4:45 - 5:15 FS	GRIT™ STRENGTH Alex Yu	4:30 - 5:15 FS	BEST BUTT NOW ● Joseph Grisafe				
5:30 - 6:30 CS	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 ROAD 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 - 6:45 YS	ROLL + RELEASE ● MEDITATION REST Christian Noni	5:30 - 6:00 LB	THE LAB // RUN Joseph Grisafe	5:30 - 6:30 YS	SOUND HEALING + BREATHWORK Vivian Parks	<b>5:30 - 6:00 LB</b>	<b>THE LAB // RUN</b> Cait Katz						
5:45 - 6:30 YD	BOX + HIIT Mallory Mahoney	6:00 - 7:15 YS	ASHTANGA YOGA L2 ● Kyra Weinberger	5:45 - 6:30 YD	BOX + HIIT Brett Terp	6:00 - 7:15 YS	ASHTANGA YOGA L2 ● Kyra Weinberger						
6:00 - 6:50 CS	CYCLE // THE ROAD Jeffrey McDaniel	6:15 - 7:00 YD	AMRAP + BEST ABS NOW Maryssa Buffano	6:00 - 6:50 CS	CYCLE // THE BEAT Ashlyn Jumpponen	<b>6:15 - 7:00 YD</b>	<b>AMRAP + BEST ABS NOW</b> Cait Katz						
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	<b>6:45 - 7:30 FS</b>	<b>MODÉRNE BARRE ●</b> Rachel Stevens						
6:45 - 7:30 FS	BODYPUMP™ 45M Anne Ruch			6:45 - 7:30 FS	BODYPUMP™ 45M Anne Ruch								
				6:45 - 8:00 YS	RESTORATIVE YOGA L1 Erin Tschantret								

WHAT'S NEW

# MORE THAN JUST A CLASS

Obtain real results in our world-class premium group fitness classes. Reserve a class today.

Advance sign-up required. Visit [clubwoodside.com](http://clubwoodside.com) or download the Woodside app for class updates, substitute instructors and class reservations.

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

Restorative yoga embodies the practice of guiding you through long passive stretching [between 5-10 minutes] while using diaphragmatic sandbags. Modulate your nervous system to self-regulate and initiate healing with diaphragmatic breathwork.

### 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.

### 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.

### BEST ABS NOW

Four stacked abdominal exercises integrated with cardio and conditioning to tighten, tone and sculpt your abs.

### 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 improve technique, strength and agility.

### STRETCH + MOBILITY [Seasonal Class]

Stretching + corrective exercises are vital parts of a high performance lifestyle. 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 choreography. Let THE BEAT ignite you and fuel your success. \*Cycle shoes with SPD cleats recommended during class

### CYCLE // THE ROAD

Prepare to push your limits in our performance-focused class: experience theater-quality sound with distance, RPM and power drills. Test your endurance, conquer your PR and see where THE ROAD takes you. \*Cycle shoes with SPD cleats recommended during class

## 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.

### 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.

### TAI' CHI [Seasonal Class]

Tai Chi is an internal martial arts widely practiced for its many health benefits. Tai Chi is a slow moving study in meditation that requires the practitioner to be alert yet relaxed mind, body, and breathing.

### FELDENKRAIS®

Created by Israeli Moshé Feldenkrais, experience a type of gentle and mindful yoga therapy to reorganize connections between the brain and body, improve range of motion + coordination, and expand psychological state to increase perception and awareness.

## 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.