

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:15 - 6:00 LB	THE LAB // ROW Betsey Moore	5:15 - 5:45 LB	THE LAB // RUN Betsey Moore	5:15 - 6:00 LB	THE LAB // HIIT Hannah Bortnick	5:15 - 5:45 LB	THE LAB // RUN Hannah Bortnick	5:15 - 6:00 LB	THE LAB // ROW Zach Knipp	7:30 - 8:15 YD	AMRAP Hannah Jones	8:00 - 8:45 LB	THE LAB // PUSH Santiago Umana
6:00 - 6:45 CS	CYCLE // THE BEAT Nate Sopher	5:15 - 5:45 YD	AMRAP Hannah Bortnick	6:00 - 6:45 CS	CYCLE // THE BEAT Becca Reuban	5:15 - 5:45 YD	AMRAP GUEST INSTRUCTOR	6:00 - 6:45 CS	CYCLE // THE BEAT Christian Noni	8:00 - 8:45 CS	CYCLE // THE BEAT Alyse Smith	8:00 - 8:45 FS	ACTIVE TONE Jeffrey McDaniel
6:00 - 6:45 LP	SWIMLAB Nikita Alvegaard	5:45 - 6:30 CS	CYCLE // THE ROAD Matt Smith	6:00 - 6:45 LP	SWIMLAB Nikita Alvegaard	5:45 - 6:30 CS	CYCLE // THE ROAD Matt Smith	6:00 - 6:45 LP	SWIMLAB Nikita Alvegaard	8:00 - 9:00 YS	YOGA FOUNDATIONS Miriam Zavagnin	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 Betsey Moore	6:00 - 7:00 FS	BODYPUMP™ Rob Givens	6:00 - 6:45 LB	THE LAB // HIIT GUEST INSTRUCTOR	6:15 - 7:00 LB	THE LAB // HIIT Zach Knipp	8:30 - 9:15 YD	STRETCH + MOBILITY Eric Vargas	9:00 - 9:45 YD	BOX + HIIT Mallory Mahoney
6:15 - 7:00 YD	AMRAP Cole Crooker	6:00 - 6:45 FS	YOGA SCULPT ● Faith Connelly	6:15 - 7:00 YD	AMRAP Cole Crooker	6:00 - 6:45 YD	BOX + HIIT Hannah Bortnick	6:15 - 7:00 YD	AMRAP Hannah Bortnick	8:30 - 9:00 FS	GRIT™ CARDIO Mallory Mahoney	9:00 - 9:45 LB	THE LAB // RUN Santiago Umana
6:15 - 7:00 LB	THE LAB // HIIT Betsey Moore	6:30 - 7:15 YS	HATHA YOGA L1 Dali Foreman	6:15 - 7:00 LB	THE LAB // HIIT Hannah Bortnick	6:00 - 6:45 FS	YOGA SCULPT ● Lauren Johnson	6:30 - 7:30 YS	POWER VINYASA L2 Ashley Vega	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 James Langton	7:00 - 7:45 FS	BODYPUMP™ 45M Daniel Kirk	6:30 - 7:30 YS	HATHA YOGA L1 Tresa Carter	6:30 - 7:15 YS	HATHA YOGA L1 Chris Douglas	7:15 - 8:00 LB	THE LAB // RUN Santiago Umana	9:00 - 9:45 CS	CYCLE // THE ROAD Jeffrey McDaniel	9:00 - 10:00 FS	BODYPUMP™ Jodie Schnakenberg
8:30 - 9:30 YS	YOGA FOUNDATIONS Jodi Garbison	8:00 - 8:45 YD	BOX + HIIT Brett Terp	7:15 - 8:00 LB	THE LAB // RUN Gigi Ferrante	7:00 - 7:45 FS	BODYPUMP™ 45M Monica Mallory	7:30 - 8:15 FS	BODYPUMP™ Daniel Kirk	9:00 - 9:45 LB	THE LAB // HIIT Christian Noni	10:00 - 10:45 LB	THE LAB // HIIT Santiago Umana
8:30 - 9:15 FS	ATHLETIC BARRE Madison Sha	8:30 - 9:30 YS	FELDENKRAIS + HATHA YOGA Barbara Anderson	8:30 - 9:30 YS	YOGA FOUNDATIONS Erin Tschantret	8:00 - 8:45 YD	BOX + HIIT Hannah Jones	8:30 - 9:15 FS	ATHLETIC BARRE Justyne Colotla	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™ Patty Whitlock	9:00 - 9:45 CS	CYCLE // THE ROAD Jeffrey McDaniel	8:30 - 9:15 FS	MODÉRNE BARRE ● Lisa Alberino	8:30 - 9:30 YS	VINYASA YOGA + PRANAYAMA Erin Tschantret	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 Erika Baum	9:00 - 9:45 FS	MAT PILATES ● Justyne Colotla	9:00 - 9:45 LB	THE LAB // HIIT Gigi Ferrante	9:00 - 9:45 CS	CYCLE // THE ROAD Jeffrey McDaniel	9:00 - 9:45 FS	THE LAB // HIIT Santiago Umana	10:00 - 10:45 LB	THE LAB // ROW Justyne Colotla	10:15 - 11:00 FS	YOGA SCULPT ● Lisa Alberino
10:15 - 11:00 CF	SKILLWALK Madison Sha	10:15 - 11:00 FS	ACTIVE TONE Jeffrey McDaniel	9:30 - 10:30 FS	BODYPUMP™ Patty Whitlock	9:00 - 9:45 FS	MAT PILATES ● Justyne Colotla	9:30 - 10:30 FS	CYCLE // THE BEAT Becca Reuban	10:00 - 10:45 CS	CYCLE // THE BEAT Becca Reuban	11:15 - 12:00 FS	MODÉRNE BARRE ● Lisa Alberino
		10:15 - 11:15 YS	HATHA YOGA L1 Jordan Ryan	9:45 - 10:45 YS	HATHA YOGA L1 Lisa Alberino	10:15 - 11:00 FS	ACTIVE TONE Jeffrey McDaniel	9:45 - 10:45 YS	HATHA YOGA L1 Chaz Feuerstine	10:00 - 10:45 YD	BOX + HIIT Joseph Grisafe	11:15 - 12:00 FS	POWER VINYASA L2 Laura Johnston
				10:15 - 11:00 CF	SKILLWALK Steve Kapp	10:15 - 11:15 YS	HATHA YOGA L1 Erika Baum	10:15 - 11:00 CF	SKILLWALK Jeffrey McDaniel	10:15 - 11:00 FS	ATHLETIC BARRE Danielle E. Fowler	12:15 - 1:00 FS	WERQ™ DANCE Simone Henry
										11:00 - 12:15 YS	ASHTANGA YOGA L2 ● Kyra Weinberger	4:00 - 5:15 YS	YIN YOGA L1 + MEDITATION Stephanie Sturges
12:00 - 12:45 CS	CYCLE // THE BEAT Alyse Smith	12:00 - 12:45 CS	CYCLE // THE BEAT Becca Reuban	12:00 - 12:45 CS	CYCLE // THE BEAT Alyse Smith	12:00 - 12:45 CS	CYCLE // THE BEAT Betsey Moore	12:00 - 12:45 CS	CYCLE // THE BEAT Bianca Bonilla	11:15 - 12:00 FS	BODYPUMP™ 45M Alex Yu		
12:00 - 12:45 LB	THE LAB // HIIT Madison Sha	12:00 - 12:45 LB	THE LAB // RUN Joseph Grisafe	12:00 - 12:45 LB	THE LAB // HIIT Christian Noni	12:00 - 12:45 LB	THE LAB // RUN Casey Pessetto	12:00 - 12:45 LB	THE LAB // HIIT Cait Katz	12:15 - 1:00 FS	WERQ™ DANCE Rori Lee		
12:00 - 1:00 YS	ASHTANGA YOGA L1 Jordan Ryan	12:00 - 12:45 FS	MAT PILATES ● Rachel Katz	12:00 - 1:00 YS	ASHTANGA YOGA L1 Kyra Weinberger	12:00 - 12:45 FS	MAT PILATES ● Topanga Culbertson	12:00 - 1:00 YS	POWER VINYASA L2 Emily Cox				
		12:00 - 1:00 YS	YIN YOGA L1 Dali Foreman			12:00 - 1:00 YS	ROLL + RELEASE ● MEDITATION   REST 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 ● Topanga Culbertson	4:45 - 5:15 FS	GRIT™ STRENGTH Alex Yu	4:30 - 5:15 FS	BEST BUTT NOW ● Joseph Grisafe				
5:30 - 6:15 FS	YOGA SCULPT L1 Courtney Germany	5:30 - 6:15 CS	CYCLE // THE BEAT Christian Noni	5:30 - 6:15 FS	YOGA SCULPT L1 Courtney Germany	5:30 - 6:15 CS	CYCLE // THE BEAT Alyse Smith	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 Caroline Dahm	5:30 - 6:15 LB	THE LAB // HIIT Justyne Colotla	5:30 - 6:30 FS	POWER VINYASA L2 Kyra Weinberger	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 Madison Sha	5:30 - 6:00 LB	THE LAB // RUN Cait Katz						
5:45 - 6:30 YD	BOX + HIIT Mallory Mahoney	6:00 - 7:00 YS	YOGA FOUNDATIONS Jodi Garbison	5:45 - 6:30 YD	BOX + HIIT Brett Terp	6:00 - 7:00 YS	YOGA FOUNDATIONS Tara Bradley						
6:00 - 6:50 CS	CYCLE // THE ROAD Jeffrey McDaniel	6:15 - 7:00 YD	AMRAP + BEST ABS NOW Lenny Ehlmann	6:00 - 6:50 CS	CYCLE // THE ROAD Michael Jones	6:15 - 7:00 YD	AMRAP + BEST ABS NOW Lenny Ehlmann						
6:30 - 7:15 LB	THE LAB // HIIT Gigi Ferrante	6:15 - 6:45 LB	THE LAB // PUSH Zach Knipp	6:30 - 7:15 LB	THE LAB // HIIT Justyne Colotla	6:15 - 6:45 LB	THE LAB // PUSH Cait Katz						
6:30 - 7:15 FS	BODYPUMP™ 45M Anne Ruch	6:45 - 7:30 FS	ATHLETIC BARRE Topanga Culbertson	6:30 - 7:15 FS	BODYPUMP™ 45M Anne Ruch	6:45 - 7:30 FS	MODÉRNE BARRE ● Ashlan Zay						
				6:45 - 8:00 YS	YIN YOGA L1 Erin Tschantret								

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 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 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 INCLDUE 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 are recommended; however are not provided.

## 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.

## THE LAB // PUSH

The perfect class to elevate your fitness with full-body single-kettlebell workouts and push sled intervals. Maximize caloric burn for fast results.

# BARRE + PILATES

## MAT 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.

# DANCE

## WERQ™ DANCE

WERQ is the wildly addictive cardio dance workout based on trending pop and hip hop music.

# 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

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 Woodside Health Club app.
2.

Log into account then select Club.
3.

Select Group Fitness
4.

Select Book a Class to view schedule.
5.

Locate class listing by date or instructor.
6.

Select Book a Spot to reserve.

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.