



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:15 - 6:00 LB	THE LAB // ROW Jacob Unmacht	5:15 - 5:45 LB	THE LAB // RUN Betsey Moore	5:15 - 6:00 LB	THE LAB // HIIT Claire Lowe	5:15 - 5:45 LB	THE LAB // RUN Miquel Powell	5:15 - 6:00 LB	THE LAB // ROW Justyne Colotla	7:30 - 8:15 YD	AMRAP Hannah Jones	8:00 - 8:45 LB	THE LAB // PUSH Sarah Crabtree
6:00 - 6:45 CS	CYCLE // THE BEAT Nate Sopher	5:15 - 6:00 YD	AMRAP Jacob Unmacht	6:00 - 6:45 CS	CYCLE // THE BEAT Becca Reuban	5:15 - 5:45 YD	AMRAP Maryssa Buffano	6:00 - 6:45 CS	CYCLE // THE BEAT Michael Jones	8:00 - 8:45 CS	CYCLE // THE BEAT Alyse Smith	8:00 - 8:45 FS	ACTIVE TONE Jeffery McDaniel
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 Catt Smith	6:15 - 7:00 LB	THE LAB // HIIT Justyne Colotla	8:00 - 9:00 YS	YOGA FOUNDATIONS Miriam Zavagnin	8:30 - 9:15 CS	CYCLE // THE ROAD Markey Schleichs
6:15 - 7:00 YD	AMRAP Cole Crooker	6:00 - 6:45 LB	THE LAB // HIIT Betsey Moore	6:15 - 7:00 YD	AMRAP Cole Crooker	6:00 - 6:45 LB	THE LAB // HIIT Maryssa Buffano	6:15 - 7:00 YD	AMRAP Adam Craft	8:00 - 8:45 LB	THE LAB // ROW Sarah Crabtree	9:00 - 9:45 YD	BOX + HIIT Mallory Mahoney
6:15 - 7:00 LB	THE LAB // HIIT Jacob Unmacht	6:00 - 6:45 FS	YOGA SCULPT ● Kennedy Neville	6:15 - 7:00 LB	THE LAB // HIIT Claire Lowe	6:00 - 6:45 FS	YOGA SCULPT ● Lauren Johnson	6:30 - 7:30 YS	HATHA YOGA L2 Ashley Vega	8:30 - 9:15 YD	STRETCH + MOBILITY Eric Vargas	9:00 - 9:45 LB	THE LAB // RUN Sarah Crabtree
6:30 - 7:30 YS	HATHA YOGA L1 James Langton	6:30 - 7:15 YS	HATHA YOGA L1 Dali Foreman	6:30 - 7:30 YS	HATHA YOGA L1 Ashley Vega	6:30 - 7:15 YS	HATHA YOGA L1 Laura Johnston	7:15 - 8:00 LB	THE LAB // RUN Santiago Umaña	8:30 - 9:00 FS	GRIT™ CARDIO Mallory Mahoney	9:00 - 10:00 YS	POWER VINYASA L1 Kayla Hutchings
8:30 - 9:30 YS	YOGA FOUNDATIONS Jodi Garbison	7:00 - 7:45 FS	BODYPUMP™ 45M Daniel Kirk	7:15 - 8:00 FS	MAT PILATES Paige Hillebert	7:00 - 7:45 FS	BODYPUMP™ 45M Monica Mallory	7:30 - 8:15 FS	BODYPUMP™ Daniel Kirk	9:00 - 9:45 CS	CYCLE // THE ROAD Jeffery McDaniel	9:00 - 10:00 FS	BODYPUMP™ Jodie Schnakenberg
8:30 - 9:15 FS	ATHLETIC BARRE Mandi Borgelt	8:00 - 8:45 YD	BOX + HIIT Brett Terp	7:15 - 8:00 LB	THE LAB // RUN Dom Oliveira	8:00 - 8:45 YD	BOX + HIIT Hannah Jones	8:30 - 9:15 FS	ATHLETIC BARRE Justyne Colotla	9:00 - 9:45 LB	THE LAB // HIIT Ashley Nicholson	10:00 - 10:45 LB	THE LAB // HIIT Sarah Crabtree
9:30 - 10:30 FS	BODYPUMP™ Patty Whitlock	8:30 - 9:30 YS	FELDENKRAIS + HATHA YOGA Barbara Anderson	8:30 - 9:30 YS	YOGA FOUNDATIONS Vera Galaxy	8:30 - 9:30 YS	VINYASA YOGA + PRANAYAMA Mandi Borgelt	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
9:45 - 10:45 YS	HATHA YOGA L1 + BREATHWORK Erika Baum	9:00 - 9:45 CS	CYCLE // THE ROAD Jeffery McDaniel	8:30 - 9:15 FS	MODÉRNE BARRE ● Lina Sattarin	9:00 - 9:45 CS	CYCLE // THE ROAD Jeffery McDaniel	9:00 - 9:45 LB	THE LAB // HIIT Santiago Umaña	9:30 - 10:30 YS	POWER VINYASA L2 Trevor Karasek	10:15 - 11:00 CF	SKILLWALK Daniel Kirk
10:15 - 11:00 CF	SKILLWALK Dom Oliveira	9:00 - 9:45 FS	MAT PILATES ● Justyne Colotla	9:00 - 9:45 LB	THE LAB // HIIT Dom Oliveira	9:00 - 9:45 FS	MAT PILATES ● Justyne Colotla	9:30 - 10:30 FS	BODYPUMP™ Anne Ruch	9:45 - 10:45 YS	HATHA YOGA L1 Mary Simpson	10:00 - 10:45 YD	BOX + HIIT Ashley Nicholson
		10:00 - 11:00 YS	YOGA FOUNDATIONS L1 Barbara Anderson	9:30 - 10:30 FS	BODYPUMP™ Patty Whitlock	9:45 - 10:45 YS	HATHA YOGA L1 Mandi Borgelt	10:15 - 11:00 CF	SKILLWALK Jeffrey McDaniel	10:15 - 11:00 CF	SKILLWALK Jeffrey McDaniel	11:15 - 12:00 FS	MODÉRNE BARRE ● Lina Sattarin
		10:15 - 11:00 FS	ACTIVE TONE Jeffery McDaniel	9:45 - 10:45 YS	HATHA YOGA L1 Jordan Ryan	10:15 - 11:00 CF	SKILLWALK Dom Oliveira			10:15 - 11:00 FS	ATHLETIC BARRE Danielle E. Fowler	11:15 - 12:00 YS	HATHA YOGA L1 Tresa Carter
				10:15 - 11:00 CF	SKILLWALK Dom Oliveira					11:00 - 12:15 YS	ASHTANGA YOGA L2 ● Kyra Weinberger	12:15 - 1:00 FS	WERQ™ DANCE Miquel Powell
										11:15 - 12:00 FS	BODYPUMP™ 45M Alex Yu	4:00 - 5:15 YS	YIN YOGA L1 + MEDITATION Sally Morrow
12:00 - 12:45 CS	CYCLE // THE BEAT Alyse Smith	12:00 - 12:45 LB	THE LAB // RUN Betsey Moore	12:00 - 12:45 CS	CYCLE // THE BEAT Alyse Smith	12:00 - 12:45 LB	THE LAB // RUN Casey Passetto	12:00 - 12:45 CS	CYCLE // THE BEAT Bianca Bonilla	12:15 - 1:00 FS	WERQ™ DANCE Rori Lee		
12:00 - 12:45 LB	THE LAB // HIIT Dom Oliveira	12:00 - 12:45 FS	MAT PILATES ● Rachel Stevens	12:00 - 12:45 LB	THE LAB // HIIT Ashley Nicholson	<b>12:00 - 12:45 FS</b>	<b>YOGA SCULPT ● Sarah Sefton</b>	12:00 - 12:45 LB	THE LAB // HIIT Cait Katz				
12:00 - 1:00 YS	ASHTANGA YOGA L1 Jordan Ryan	12:00 - 1:00 YS	VINYASA YOGA L1 Mary Simpson	12:00 - 1:00 YS	ASHTANGA YOGA L1 Kyra Weinberger	12:00 - 1:00 YS	VINYASA YOGA L1 Ericka Baum	12:00 - 1:00 YS	POWER VINYASA L2 Mary Simpson				
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 ● Ashley Nicholson	4:45 - 5:15 FS	GRIT™ STRENGTH Alex Yu	4:30 - 5:15 FS	BEST BUTT NOW ● Wasu Janis				
5:30 - 6:15 FS	YOGA SCULPT L1 Courtney Germany	5:30 - 6:15 CS	CYCLE // THE BEAT Jodie Schnakenberg	5:30 - 6:15 FS	YOGA SCULPT L1 Courtney Germany	5:30 - 6:15 CS	CYCLE // THE BEAT Nate Sopher	4:45 - 5:30 CS	CYCLE // THE ROAD Jodie Schnakenberg				
5:30 - 6:15 LB	THE LAB // HIIT Zach Knipp	5:30 - 6:30 FS	POWER VINYASA L2 Caroline Dahm	5:30 - 6:15 LB	THE LAB // HIIT Ashley Nicholson	5:30 - 6:30 FS	POWER VINYASA L2 Kyra Weinberger	5:30 - 6:30 YS	POWER VINYASA L1 Bridget McCabe				
5:30 - 6:45 YS	ROLL + RELEASE ● + MEDITATION Sarah Sefton	5:30 - 6:00 CF	SKILLRUN Zach Knipp	5:30 - 6:30 YS	POWER VINYASA L1 Chardonae Pendleton	5:30 - 6:00 LB	THE LAB // RUN Cait Katz	5:45 - 6:30 FS	BODYPUMP™ 45M Jodie Schnakenberg				
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	6:00 - 7:00 YS	YOGA FOUNDATIONS Tara Bradley						
6:00 - 6:50 CS	CYCLE // THE ROAD Jeffrey McDaniel	6:00 - 7:00 YS	YOGA FOUNDATIONS Jodi Garbison	6:00 - 6:45 CS	CYCLE // THE ROAD Michael Jones	6:15 - 7:00 YD	PRIME Lenny Ehlmann						
6:30 - 7:15 LB	THE LAB // HIIT Zach Knipp	6:15 - 7:00 YD	PRIME Lenny Ehlmann	6:30 - 7:15 LB	THE LAB // HIIT Ashley Nicholson	6:45 - 7:30 FS	MODÉRNE BARRE ● Ashlan Zay						
6:30 - 7:15 FS	BODYPUMP™ 45M Anne Ruch	6:45 - 7:30 FS	ATHLETIC BARRE Ashlan Zay	6:30 - 7:15 FS	BODYPUMP™ 45M Anne Ruch	7:30 - 8:45 FS	CANDLELIGHT RESTORE Emily Starkey						
7:30 - 8:15 FS	WERQ™ DANCE Miquel Powell	7:30 - 8:45 FS	CANDLELIGHT RESTORE Emily Starkey	6:45 - 8:00 YS	YIN YOGA L1 Chardonae Pendleton								

# 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 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.

### HATHA YOGA

Hatha, from Sanskrit "Ha" (solar) and "Tha" (lunar), represents the balance of opposing energies. Hatha Yoga uses postures and breathwork to harmonize body and mind, promoting calm, steadiness, and inner balance.

### 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 🏋️‍♀️

Total body. One weight. Smart training. This signature unilateral program is designed to improve posture, balance, symmetry and total-body strength by training one side of the body at the time.

### SWIMLAB 🏊‍♀️ [Seasonal Class]

Elevate your swim laps with individualized training to improve technique, strength and agility. .

### STRETCH + MOBILITY

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 with automatic grade incline adjustments you can override at any time. Sound OFF™ wireless headphones deliver instructor coaching and music for an immersive experience.

### 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

### 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.

### SKILLRUN 🏃‍♀️

A treadmill class using high intensity and Balanced Interval Training (BIT) with automatic treadmill grade incline adjustments you can override at any time. Sound OFF™ wireless headphones deliver instructor coaching and music for an immersive experience.

## 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

### 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.

### 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.

### 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.

## 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.