



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|-----------------------|---|-------------------------|--|-----------------------|---|-----------------------|---|-----------------------|---|-----------------------|---------------------------------------|------------------|--|
| 5:15 - 6:00 LB | THE LAB // ROW Maryssa Buffano | 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 LP | SWIMLAB Nikita Alvegaard | 5:15 - 6:00 YD | AMRAP Hannah Bortnick | 6:00 - 6:45 LP | SWIMLAB Nikita Alvegaard | 5:15 - 5:45 YD | AMRAP Jacob Unmacht | 6:00 - 6:45 LP | SWIMLAB Nikita Alvegaard | 8:00 - 8:45 CS | CYCLE // THE BEAT Alyse Smith | 8:00 - 8:45 FS | ACTIVE TONE Jeffery McDaniel |
| 6:00 - 6:45 CS | CYCLE // THE BEAT Nate Sopher | 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 Michael Jones | 8:00 - 9:00 YS | YOGA FOUNDATIONS Miriam Zavagnin | 8:30 - 9:15 CS | CYCLE // THE ROAD Sarkey 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 Jacob Unmacht | 6:15 - 7:00 LB | THE LAB // HIIT Justyne Colotla | 8:00 - 8:45 LB | THE LAB // ROW Sarah Crabtree | 9:00 - 9:45 YD | BOX + HIIT Mallory Mahoney |
| 6:15 - 7:00 YD | AMRAP Cole Crooker | 6:00 - 6:45 FS | YOGA SCULPT ● Kennedy Neville | 6:15 - 7:00 YD | AMRAP Cole Crooker | 6:15 - 7:00 YD | YOGA SCULPT ● Lauren Johnson | 6:15 - 7:00 YD | AMRAP Adam Craft | 8:30 - 9:15 YD | STRETCH + MOBILITY Eric Vargas | 9:00 - 9:45 LB | THE LAB // RUN Sarah Crabtree |
| 6:15 - 7:00 LB | THE LAB // HIIT Maryssa Buffano | 6:30 - 7:15 YS | HATHA YOGA L1 Dali Foreman | 6:15 - 7:00 LB | THE LAB // HIIT Claire Lowe | 6:30 - 7:15 YS | HATHA YOGA L1 Laura Johnston | 6:30 - 7:30 YS | HATHA YOGA L2 Ashley Vega | 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 James Langton | 7:00 - 7:45 FS | BODYPUMP™ 45M Daniel Kirk | 6:30 - 7:30 YS | HATHA YOGA L1 Ashley Vega | 7:00 - 7:45 FS | BODYPUMP™ 45M Monica Mallory | 7:15 - 8:00 LB | THE LAB // RUN Santiago Umaña | 9:00 - 9:45 AP | ACTIVE AQUA Danielle Fowler | 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 FS | MAT PILATES Paige Hillebert | 8:00 - 8:45 YD | BOX + HIIT Hannah Jones | 7:30 - 8:15 FS | BODYPUMP™ Daniel Kirk | 9:00 - 9:45 CS | CYCLE // THE ROAD Jeffery McDaniel | 10:00 - 10:45 LB | THE LAB // HIIT Sarah Crabtree |
| 8:30 - 9:15 FS | ATHLETIC BARRE Mandi Borgelt | 8:30 - 9:30 YS | FELDENKRAIS + HATHA YOGA Barbara Anderson | 7:15 - 8:00 LB | THE LAB // RUN Dom Oliveira | 8:30 - 9:30 YS | VINYASA YOGA + PRANAYAMA Mandi Borgelt | 8:30 - 9:15 FS | ATHLETIC BARRE Justyne Colotla | 9:00 - 9:45 LB | THE LAB // HIIT Ashley Nicholson | 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 Jeffery McDaniel | 8:30 - 9:30 YS | YOGA FOUNDATIONS Vera Galaxy | 9:00 - 9:45 CS | CYCLE // THE ROAD Jeffery McDaniel | 8:30 - 9:30 YS | YOGA FOUNDATIONS Jodi Garbison | 9:15 - 10:00 FS | BODYPUMP™ 45M Rob Givens | 10:15 - 11:00 CF | SKILLWALK Daniel Kirk |
| 9:45 - 10:45 YS | HATHA YOGA L1 + BREATHWORK Erika Baum | 9:00 - 9:45 FS | MAT PILATES ● Justyne Colotla | 8:30 - 9:15 FS | MODÉRNE BARRE ● Lina Sattarin | 9:00 - 9:45 FS | MAT PILATES ● Justyne Colotla | 9:00 - 9:45 LB | THE LAB // HIIT Anne Ruch | 9:30 - 10:30 YS | POWER VINYASA L2 Trevor Karasek | 10:15 - 11:00 FS | YOGA SCULPT ● Bridget McCabe |
| 10:15 - 11:00 CF | SKILLWALK Dom Oliveira | 10:00 - 11:00 YS | YOGA FOUNDATIONS L1 Barbara Anderson | 9:00 - 9:45 LB | THE LAB // HIIT Dom Oliveira | 9:30 - 10:30 FS | BODYPUMP™ Patty Whitlock | 9:45 - 10:45 YS | HATHA YOGA L1 Mandi Borgelt | 10:00 - 10:45 CS | CYCLE // THE BEAT Becca Reuben | 11:15 - 12:00 FS | MODÉRNE BARRE ● Lina Sattarin |
| | | 10:15 - 11:00 FS | ACTIVE TONE Jeffery McDaniel | 9:30 - 10:30 FS | BODYPUMP™ Patty Whitlock | 10:15 - 11:00 YS | ACTIVE TONE Jeffery McDaniel | 10:15 - 11:00 CF | SKILLWALK Jeffrey McDaniel | 10:00 - 10:45 YD | BOX + HIIT Ashley Nicholson | 11:15 - 12:15 YS | HATHA YOGA L1 Tresa Carter |
| | | | | 9:45 - 10:45 YS | HATHA YOGA L1 Jordan Ryan | | | | | 10:15 - 11:00 FS | ATHLETIC BARRE Danielle E. Fowler | 12:15 - 1:00 FS | WERQ™ DANCE Miquel Powell |
| | | | | 10:15 - 11:00 CF | SKILLWALK Dom Oliveira | | | | | 11:00 - 12:15 YS | ASHTANGA YOGA L2 ● Kyra Weinberger | 4:00 - 5:15 YS | YIN YOGA L1 + MEDITATION Sally Morrow |
| | | | | | | | | | | 11:15 - 12:00 FS | BODYPUMP™ 45M Alex Yu | | |
| | | | | | | | | | | 12:15 - 1:00 FS | WERQ™ DANCE Rori Lee | | |
| 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 Pessetto | 12:00 - 12:45 CS | CYCLE // THE BEAT Bianca Bonilla | | | | |
| 12:00 - 12:45 LB | THE LAB // HIIT Dom Oliveira | 12:00 - 12:45 FS | MAT PILATES ● Paige Hillibert | 12:00 - 12:45 LB | THE LAB // HIIT Ashley Nicholson | 12:00 - 12:45 FS | YOGA SCULPT ● Sarah Sefton | 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 Jeffery 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 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

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

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.