

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:00 LB THE LAB // HIIT ● <i>Maryssa Buffano</i>	5:15 - 5:45 LB THE LAB // RUN ● <i>Betsey Moore</i>	5:15 - 6:00 LB THE LAB // HIIT ● <i>Daniel Kirk</i>	5:15 - 5:45 LB THE LAB // RUN ● <i>Miquel Powell</i>	5:15 - 6:00 LB THE LAB // HIIT ● <i>Justyne Colotla</i>	7:15 - 8:15 FS YOGA FOUNDATIONS Miriam Zavignin	8:00 - 8:45 LB THE LAB // PUSH ● <i>Sarah Crabtree</i>
6:00 - 6:45 LP SWIMLAB ● <i>Nikita Alvegaard</i>	5:15 - 6:00 YD AMRAP <i>Hannah Bortnick</i>	6:00 - 6:45 LP SWIMLAB ● <i>Nikita Alvegaard</i>	5:15 - 6:00 YD AMRAP <i>Jacob Unmacht</i>	6:00 - 6:45 LP SWIMLAB ● <i>Nikita Alvegaard</i>	7:30 - 8:15 YD AMRAP <i>Hannah Jones</i>	8:00 - 8:45 LB VINYASA + PRANAYAMA Mandi Borgelt
6:00 - 7:00 FS BODYPUMP™ <i>Monica Mallory</i>	5:45 - 6:30 CS CYCLE // THE ROAD ● <i>Matt Smith</i>	6:00 - 6:45 CS CYCLE // THE BEAT ● <i>Becca Reuben</i>	5:45 - 6:30 CS CYCLE // THE ROAD ● <i>Matt Smith</i>	6:00 - 6:45 CS CYCLE // THE BEAT ● <i>Team Woodside</i>	8:00 - 8:45 CS CYCLE // THE BEAT ● <i>Alyse Smith</i>	8:30 - 9:15 CS CYCLE // THE ROAD ● <i>Markey Schleihs</i>
6:15 - 7:00 YD AMRAP <i>Cole Crooker</i>	6:00 - 6:45 FS YOGA SCULPT ● <i>Kennedy Neville</i>	6:00 - 7:00 FS BODYPUMP™ <i>Rob Givens</i>	6:00 - 6:45 FS YOGA SCULPT ● <i>Lauren Johnson</i>	6:15 - 7:00 LB THE LAB // HIIT ● <i>Justyne Colotla</i>	8:00 - 8:45 LB THE LAB // ROW ● <i>Sarah Crabtree</i>	9:00 - 9:45 YD BOX + HIIT <i>Mallory Mahoney</i>
6:15 - 7:00 LB THE LAB // HIIT ● <i>Maryssa Buffano</i>	6:15 - 7:00 LB THE LAB // HIIT ● Betsey Moore	6:15 - 7:00 YD AMRAP <i>Cole Crooker</i>	6:15 - 7:00 LB THE LAB // HIIT ● Jacob Unmacht	6:15 - 7:00 YD AMRAP <i>Hannah Bortnick</i>	8:30 - 9:15 YD STRETCH + MOBILITY <i>Eric Vargas</i>	9:00 - 9:45 LB THE LAB // RUN ● <i>Sarah Crabtree</i>
7:15 - 8:15 FS YOGA FOUNDATIONS Jodi Garbison	6:30 - 7:15 YD STRETCH + MOBILITY Eric Vargas	6:15 - 7:00 LB THE LAB // HIIT ● <i>Daniel Kirk</i>	7:00 - 7:45 FS BODYPUMP™ 45M <i>Monica Mallory</i>	6:15 - 7:15 FS POWER VINYASA L2 Marys Langton	8:30 - 9:00 FS GRIT™ ATHLETIC Mallory Mahoney	9:00 - 10:00 FS BODYPUMP™ <i>Jodie Schnakenberg</i>
8:30 - 9:15 FS ATHLETIC BARRE ● <i>Mandi Borgelt</i>	7:00 - 7:45 FS BODYPUMP™ 45M <i>Daniel Kirk</i>	7:15 - 8:00 FS MAT PILATES <i>Paige Hillebert</i>	8:00 - 8:45 YD BOX + HIIT <i>Hannah Jones</i>	7:15 - 8:00 LB THE LAB // RUN ● <i>Santiago Umaña</i>	9:00 - 9:45 LP ACTIVE AQUA <i>Danielle Enriquez-Fowler</i>	10:00 - 10:45 LB THE LAB // HIIT ● <i>Sarah Crabtree</i>
9:30 - 10:30 FS BODYPUMP™ <i>Patty Whitlock</i>	8:00 - 8:45 YD BOX + HIIT <i>Brett Terp</i>	7:15 - 8:00 LB THE LAB // RUN ● <i>Daniel Kirk</i>	9:00 - 9:45 CS CYCLE // THE BEAT ● Betsey Moore	7:30 - 8:15 FS BODYPUMP™ <i>Daniel Kirk</i>	9:00 - 9:45 LB THE LAB // HIIT ● <i>Ashley Nicholson</i>	10:15 - 11:00 CS CYCLE // THE BEAT ● <i>Jodie Schnakenberg</i>
10:15 - 11:00 CF SKILLWALK ● <i>Ashley Nicholson</i>	9:00 - 9:45 CS CYCLE // THE BEAT ● Betsey Moore	8:30 - 9:15 FS MODÉRNE BARRE ● <i>Lina Sattarin</i>	9:00 - 9:45 FS MAT PILATES <i>Justyne Colotla</i>	8:30 - 9:15 FS ATHLETIC BARRE ● <i>Justyne Colotla</i>	9:15 - 10:00 FS BODYPUMP™ 45M <i>Rob Givens</i>	10:15 - 11:00 CF SKILLWALK ● <i>Daniel Kirk</i>
10:45 - 11:45 FS HATHA YOGA L1 Tresa Carter	9:00 - 9:45 FS MAT PILATES <i>Justyne Colotla</i>	9:00 - 9:45 LB THE LAB // HIIT ● Betsey Moore	10:00 - 10:45 FS ACTIVE TONE Alexander Charles	9:00 - 9:45 LB THE LAB // HIIT ● <i>Santiago Umaña</i>	10:00 - 10:45 CS CYCLE // THE BEAT ● <i>Becca Reuben</i>	10:15 - 11:00 FS YOGA SCULPT ● <i>Bridget McCabe</i>
	10:15 - 11:00 FS ACTIVE TONE David Johnson	9:30 - 10:30 FS BODYPUMP™ <i>Patty Whitlock</i>	11:00 - 11:45 FS HATHA YOGA L1 Mandi Borgelt	9:30 - 10:30 FS BODYPUMP™ <i>Anne Ruch</i>	10:00 - 10:45 YD BOX + HIIT <i>Ashley Nicholson</i>	11:15 - 12:00 FS MODÉRNE BARRE ● <i>Lina Sattarin</i>
	11:15 - 12:00 FS FELDEN KRAIS + HATHA YOGA Barbara Anderson	10:15 - 11:00 CF SKILLWALK ● <i>Sarah Sefton</i>		10:15 - 11:00 CF SKILLWALK ● <i>Team Woodside</i>	10:15 - 11:00 FS ATHLETIC BARRE ● <i>Danielle Enriquez-Fowler</i>	12:15 - 1:00 FS WERQ™ DANCE <i>Miquel Powell</i>
		10:45 - 11:45 FS POWER VINYASA AL Aree Khodai		10:45 - 11:45 FS YOGA FOUNDATIONS Jodi Garbison	11:15 - 12:00 FS BODYPUMP™ 45M <i>Alex Yu</i>	1:15 - 2:15 FS POWER VINYASA L1 Ashley Vega
					12:15 - 1:00 FS WERQ™ DANCE <i>Simone Henry</i>	2:30 - 3:30 FS HATHA YOGA L2 Tresa Carter
12:00 - 12:45 CS CYCLE // THE BEAT ● <i>Alyse Smith</i>	12:00 - 12:45 LB THE LAB // RUN ● Sarah Sefton	12:00 - 12:45 CS CYCLE // THE BEAT ● <i>Alyse Smith</i>	12:00 - 12:45 LB THE LAB // RUN ● <i>Casey Pessetto</i>	12:00 - 12:45 LB THE LAB // HIIT ● <i>Cait Katz</i>	1:15 - 2:15 FS POWER VINYASA L2 Ashley Vega	4:00 - 5:15 FS YIN YOGA + MEDITATION Sally Morrow
12:00 - 12:45 LB THE LAB // HIIT ● <i>Santiago Umaña</i>	12:15 - 1:00 FS MAT PILATES ● <i>Paige Hillibert</i>	12:00 - 12:45 LB THE LAB // HIIT ● <i>Ashley Nicholson</i>	12:00 - 12:45 FS YOGA SCULPT ● <i>Sarah Sefton</i>	12:00 - 1:00 FS POWER VINYASA L2 Sally Morrow	2:30 - 3:45 FS ASHTANGA YOGA ● Kyra Weinberger	6:00 - 7:00 FS RESTORATIVE YOGA Drew Hemeyer-Johnson
12:00 - 12:45 FS PILATES FUSION ● <i>Haley Martin</i>	1:15 - 2:15 FS VINYASA YOGA L1 Sarah Sefton	12:00 - 12:45 FS PILATES FUSION ● <i>Haley Martin</i>	1:00 - 2:00 FS VINYASA YOGA L1 Christian Holzer			
1:00 - 2:00 FS POWER VINYASA L2 Christian Holzer		1:00 - 2:15 FS ASHTANGA YOGA ● Kyra Weinberger				
3:00 - 4:00 FS ROLL + RELEASE ● Sarah Sefton	4:45 - 5:15 FS GRIT™ STRENGTH <i>Alex Yu</i>	4:30 - 5:00 FS BEST ABS NOW ● <i>Ashley Nicholson</i>	4:45 - 5:15 FS GRIT™ ATHLETIC Adam Craft	4:30 - 5:15 FS BEST BUTT NOW ● <i>Wasu Janis</i>		
4:30 - 5:15 FS BEST BUTT NOW ● <i>Wasu Janis</i>	5:30 - 6:15 CS CYCLE // THE BEAT ● <i>Jodie Schnakenberg</i>	5:30 - 6:15 FS YOGA SCULPT L1 ● <i>Courtney Germany</i>	5:30 - 6:30 FS POWER VINYASA L2 Tara Bradley	4:45 - 5:30 CS CYCLE // THE ROAD ● <i>Jodie Schnakenberg</i>		
5:30 - 6:15 FS YOGA SCULPT L1 ● <i>Courtney Germany</i>	5:30 - 6:30 FS POWER VINYASA L2 Emily Starkey	5:30 - 6:15 LB THE LAB // HIIT ● <i>Ashley Nicholson</i>	5:30 - 6:00 LB THE LAB // RUN ● Cait Katz	5:45 - 6:30 FS BODYPUMP™ 45M <i>Jodie Schnakenberg</i>		
5:30 - 6:15 LB THE LAB // HIIT ● <i>Zach Knipp</i>	5:30 - 6:00 CF SKILLRUN ● <i>Zach Knipp</i>	5:45 - 6:30 YD BOX + HIIT <i>Brett Terp</i>	6:00 - 6:45 CS CYCLE // THE BEAT ● Nate Sopher			
5:45 - 6:30 YD BOX + HIIT <i>Mallory Mahoney</i>	6:00 - 6:45 LB THE LAB // HIIT ● Alexander Charles	6:00 - 6:45 CS CYCLE // THE ROAD ● <i>Team Woodside</i>	6:15 - 7:00 YD PRIME ● <i>Lenny Ehlmann</i>			
6:00 - 6:45 CS CYCLE // THE BEAT ● Nate Sopher	6:15 - 7:00 YD PRIME ● <i>Lenny Ehlmann</i>	6:30 - 7:15 LB THE LAB // HIIT ● <i>Ashley Nicholson</i>	6:45 - 7:30 FS MODÉRNE BARRE ● <i>Ashlan Zay</i>			
6:30 - 7:15 LB THE LAB // HIIT ● <i>Zach Knipp</i>	6:45 - 7:30 FS ATHLETIC BARRE ● <i>Ashlan Zay</i>	6:30 - 7:15 FS BODYPUMP™ 45M <i>Anne Ruch</i>	7:45 - 8:45 FS CANDLELIGHT RESTORE Emily Starkey			
6:30 - 7:15 FS BODYPUMP™ 45M <i>Anne Ruch</i>	7:45 - 8:45 FS CANDLELIGHT RESTORE Emily Starkey	7:30 - 8:30 FS YIN YOGA Vera Galaxy				
7:30 - 8:15 FS WERQ™ DANCE <i>Miquel Powell</i>						

ALL CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE.

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.

FS	FITNESS STUDIO	CS	CYCLE STUDIO
YD	THE YARD	LB	THE LAB
LP	LOWER LAP POOL		
CF	CARDIO FLOOR SOUTH CLUB		

ATHLETIC CONDITIONING

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™ ATHLETIC

A HIIT workout that improves cardiovascular endurance and agility, including explosive plyometric training.

GRIT™ CARDIO

A HIIT workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

GRIT™ STRENGTH

A HIIT workout, designed to improve strength, cardiovascular fitness and build lean muscle.

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

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.

PILATES FUSION

A modern Pilates-based class designed to build strength through controlled low-impact movement. Expect a more athletic approach than a classical mat class with added barre and sculpt-inspired work throughout..

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.

STRENGTH + MOBILITY

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.

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.

CYCLE

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

YOGA + RESTORATIVE

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.

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.

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.

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.

DANCE

WERQ™ DANCE

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



YOGA LEVEL KEY

L1 - BEGINNER

For those who are new or limited in flexibility. Classes may include lotus, downward dog and airplane pose.

L2 - INTERMEDIATE

Build on elevated poses linked to breath to maximize stamina. Classes may include dancer pose, one-legged side plank and arm balances.

L3 - ADVANCED

Highest degree of experience advised. Classes may include backbends, scorpion pose and head/handstand poses.

AL - ALL LEVELS

All yoga levels welcome. Modifications and variations will be offered to all levels of participants.

CLASS ETIQUETTE

Members must check into club and with instructor before class.

Your booked spot in class is guaranteed up until the start time of class. Show up 5 minutes early to class to avoid disappointment.

If you are booked and not present at the start time of class, your spot will be relinquished to members on the waitlist outside the studio.

Let your instructor know if it's your first time.

Refrain from using your cell phone during class, if you need to use your phone, please take it outside.

Please cancel your booking if you cannot make it to class to free up a spot for your fellow members.

If you need to cancel your spot in class, this must be done at least 1 hour prior to start time of class to avoid a no-show fee.

A standard \$10 no-show fee applies.

BOOK A CLASS

Booking opens for all classes 48 hours in advance and must be reserved before waitlist is activated to guarantee a spot.
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.