WOODSIDE

GROUP FITNESS SCHEDULE | NOVEMBER 2026

ALL YOGA CLASSES WILL HELD BE IN THE SOUTH CLUB FITNESS STUDIO

KEY Advance sign-up required

Bold New Class, Instructor or Time Signature Class

MONDAY

5:15 – 6:00	LB	THE LAB // HIIT *Maryssa Buffano*
6:00 – 7:00	FS	BODYPUMP™ *Monica Mallory*
6:15 – 7:00	YD	AMRAP *Cole Crooker*
6:15 – 7:00	LB	THE LAB // HIIT *Maryssa Buffano*
7:15 – 8:00	**FS**	**ATHLETIC BARRE** ***Maryssa Buffano***
8:15 - 9:15	FS	YOGA FOUNDATIONS *Jodi Garbison*
9:30 – 10:30	FS	BODYPUMP™ *Patty Whitlock*
10:15 – 11:00	CF	SKILLWALK *Ashley Nicholson*
10:45 - 11:45	FS	HATHA YOGA L1 *Tresa Carter*
12:00 – 12:45	CS	CYCLE // THE BEAT *Alyse Smith*
12:00 – 12:45	**LB**	**THE LAB // HIIT** ***Alexander Charles***
12:00 - 12:45	FS	PILATES FUSION *Haley Martin*
1:00 - 2:00	FS	POWER VINYASA L2 *Christian Holzer*
3:00 - 4:00	FS	ROLL + RELEASE *Sarah Sefton*
4:30 – 5:15	FS	BEST BUTT NOW *Wasu Janis*
5:30 – 6:15	FS	YOGA SCULPT L1 *Courtney Germany*
5:30 – 6:15	LB	THE LAB // HIIT *Zach Knipp*
5:45 – 6:30	YD	BOX + HIIT *Mallory Mahoney*
6:00 – 6:45	CS	CYCLE // THE BEAT *Nate Sopher*
6:30 – 7:15	LB	THE LAB // HIIT *Zach Knipp*
6:30 – 7:15	FS	BODYPUMP™ 45M *Anne Ruch*
7:30 – 8:15	FS	WERQ™ DANCE *Miquel Powell*

TUESDAY

5:15 – 5:45	LB	THE LAB // RUN *Betsey Moore*
5:15 – 6:00	YD	AMRAP *Hannah Bortnick*
5:45 – 6:30	CS	CYCLE // THE ROAD *Matt Smith*
6:00 – 6:45	FS	YOGA SCULPT *Kennedy Neville*
6:15 – 7:00	LB	THE LAB // HIIT *Betsey Moore*
6:30 – 7:15	YD	STRETCH + MOBILITY *Eric Vargas*
7:00 – 7:45	FS	BODYPUMP™ 45M *Daniel Kirk*
8:00 – 8:45	YD	BOX + HIIT *Brett Terp*
9:00 – 9:45	CS	CYCLE // THE BEAT *Betsey Moore*
9:00 – 9:45	**FS**	**MAT PILATES** ***Mandi Borgelt***
10:15 – 11:00	FS	ACTIVE TONE *David Johnson*
11:15 – 12:00	FS	FELDEN KRAIS + HATHA YOGA *Barbara Anderson*
12:00 – 12:45	LB	THE LAB // RUN *Sarah Sefton*
12:15 – 1:00	FS	MAT PILATES *Paige Hillibert*
1:15 – 2:15	FS	VINYASA YOGA L1 *Sarah Sefton*
4:45 – 5:15	FS	GRIT™ STRENGTH *Alex Yu*
5:30 – 6:15	CS	CYCLE // THE BEAT *Jodie Schnakenberg*
5:30 – 6:30	FS	POWER VINYASA L2 *Emily Starkey*
5:30 – 6:15	*LB*	*THE LAB // HIIT* *Alexander Charles*
6:15 – 7:00	YD	PR1ME *Lenny Ehlmann*
6:45 – 7:30	**FS**	**ATHLETIC BARRE** ***Amy Insco***
7:45 – 8:45	FS	CANDLELIGHT RESTORE *Emily Starkey*

WEDNESDAY

5:15 – 6:00	LB	THE LAB // HIIT *Daniel Kirk*
6:00 – 6:45	CS	CYCLE // THE BEAT *Becca Reuben*
6:00 – 7:00	FS	BODYPUMP™ *Rob Givens*
6:15 – 7:00	YD	AMRAP *Cole Crooker*
6:15 – 7:00	LB	THE LAB // HIIT *Daniel Kirk*
7:15 – 8:00	FS	MAT PILATES *Paige Hillebert*
7:15 – 8:00	LB	THE LAB // RUN *Daniel Kirk*
8:30 – 9:15	**FS**	**MODÉRNE BARRE** ***Dalton Homolka***
9:00 – 9:45	LB	THE LAB // HIIT *Betsey Moore*
9:30 – 10:30	FS	BODYPUMP™ *Patty Whitlock*
10:15 – 11:00	CF	SKILLWALK *Sarah Sefton*
10:45 – 11:45	**FS**	**POWER VINYASA** ***Kyra Weinberger***
12:00 – 12:45	CS	CYCLE // THE BEAT *Alyse Smith*
12:00 – 12:45	LB	THE LAB // HIIT *Ashley Nicholson*
12:00 - 12:45	FS	PILATES FUSION *Haley Martin*
1:00 - 2:15	FS	ASHTANGA YOGA *Kyra Weinberger*
4:30 – 5:00	FS	BEST ABS NOW *Ashley Nicholson*
5:30 – 6:15	FS	YOGA SCULPT L1 *Courtney Germany*
5:30 – 6:15	LB	THE LAB // HIIT *Ashley Nicholson*
5:45 – 6:30	YD	BOX + HIIT *Brett Terp*
6:30 – 7:15	**LB**	**THE LAB // RUN** ***Ashley Nicholson***
6:30 – 7:15	FS	BODYPUMP™ 45M *Anne Ruch*
7:30 - 8:30	FS	YIN YOGA *Vera Galaxy*

THURSDAY

5:15 – 5:45	LB	THE LAB // RUN *Miquel Powell*
5:15 – 6:00	YD	AMRAP *Jacob Unmacht*
5:45 – 6:30	CS	CYCLE // THE ROAD *Matt Smith*
6:00 – 6:45	**FS**	**YOGA SCULPT** ***Kennedy Neville***
6:15 – 7:00	LB	THE LAB // HIIT *Jacob Unmacht*
7:00 – 7:45	FS	BODYPUMP™ 45M *Monica Mallory*
8:00 – 8:45	YD	BOX + HIIT *Hannah Jones*
9:00 – 9:45	CS	CYCLE // THE BEAT *Betsey Moore*
9:00 – 9:45	**FS**	**MAT PILATES** ***Mandi Borgelt***
9:00 – 9:45	**IC**	**COURT + CONDITION** ***Alexander Charles*** ***Ryan Wall***
10:00 – 10:45	FS	ACTIVE TONE *Alexander Charles*
11:00 - 11:45	FS	HATHA YOGA L1 *Mandi Borgelt*
12:00 – 12:45	LB	THE LAB // RUN *Casey Pessetto*
12:00 – 12:45	**CS**	**CYCLE // THE BEAT** ***Cait Katz***
12:00 – 12:45	FS	YOGA SCULPT *Sarah Sefton*
1:00 - 2:00	FS	VINYASA YOGA L1 *Christian Holzer*
4:45 – 5:15	FS	GRIT™ ATHLETIC *Adam Craft*
5:30 – 6:30	FS	POWER VINYASA L2 *Tara Bradley*
5:30 – 6:00	LB	THE LAB // RUN *Cait Katz*
6:00 – 6:45	CS	CYCLE // THE BEAT *Nate Sopher*
6:15 – 7:00	YD	PR1ME *Lenny Ehlmann*
6:45 – 7:30	**FS**	**MODÉRNE BARRE** ***Team Woodside***
7:45 – 8:45	FS	CANDLELIGHT RESTORE *Emily Starkey*

FRIDAY

5:15 – 6:00	LB	THE LAB // ROW+PUSH *Jacob Unmacht*
6:00 – 6:45	**CS**	**CYCLE // THE BEAT** ***Betsey Moore***
6:15 – 7:00	LB	THE LAB // HIIT *Jacob Unmacht*
6:15 – 7:00	YD	AMRAP *Hannah Bortnick*
6:15 – 7:15	FS	POWER VINYASA L2 *James Langton*
7:15 – 8:00	LB	THE LAB // RUN *Santiago Umaña*
7:30 – 8:15	FS	BODYPUMP™ *Daniel Kirk*
8:30 – 9:15	**FS**	**PILATES FUSION** ***Kennedy Neville***
9:00 – 9:45	LB	THE LAB // HIIT *Santiago Umaña*
9:30 – 10:30	FS	BODYPUMP™ *Anne Ruch*
10:15 - 11:00	**CF**	**SKILLWALK** ***Jeffery McDaniel***
10:45 - 11:45	FS	YOGA FOUNDATIONS *Jodi Garbison*
12:00 – 12:45	LB	THE LAB // HIIT *Cait Katz*
12:00 - 1:00	FS	POWER VINYASA L2 *Sally Morrow*
4:30 – 5:15	FS	BEST BUTT NOW *Wasu Janis*
4:45 – 5:30	CS	CYCLE // THE ROAD *Jodie Schnakenberg*
5:45 – 6:30	FS	BODYPUMP™ 45M *Jodie Schnakenberg*

SATURDAY

7:15 – 8:15	FS	YOGA FOUNDATIONS *Miriam Zavignin*
7:30 – 8:15	YD	AMRAP *Hannah Jones*
8:00 – 8:45	**LB**	**THE LAB // ROW** ***McKenna Zandecki***
8:15 – 9:00	**CS**	**CYCLE // THE BEAT** ***Alyse Smith***
8:30 - 9:15	YD	STRETCH + MOBILITY *Eric Vargas*
8:30 - 9:00	FS	GRIT™ ATHLETIC *Mallory Mahoney*
9:00 – 9:45	**LB**	**THE LAB // HIIT** ***McKenna Zandecki***
9:15 – 10:00	FS	BODYPUMP™ 45M *Rob Givens*
10:00 – 10:45	CS	CYCLE // THE BEAT *Becca Reuben*
10:00 – 10:45	**YD**	**BOX + HIIT** ***McKenna Zandecki***
10:15 – 11:00	FS	ATHLETIC BARRE *Danielle Enriquez-Fowler*
11:15 – 12:00	FS	BODYPUMP™ 45M *Alex Yu*
12:15 – 1:00	FS	WERQ™ DANCE *Simone Henry*
1:15 - 2:15	FS	POWER VINYASA L2 *Ashley Vega*
2:30 – 3:45	FS	ASHTANGA YOGA *Kyra Weinberger*

SUNDAY

8:00 – 8:45	LB	VINYASA + PRANAYAMA *Mandi Borgelt*
8:30 – 9:15	CS	CYCLE // THE ROAD *Markey Schleihs*
9:00 – 9:45	YD	BOX + HIIT *Mallory Mahoney*
9:00 – 9:45	LB	THE LAB // RUN *Sarah Crabtree*
9:00 – 10:00	FS	BODYPUMP™ *Jodie Schnakenberg*
10:00 – 10:45	LB	THE LAB // HIIT *Sarah Crabtree*
10:15 – 11:00	CS	CYCLE // THE BEAT *Jodie Schnakenberg*
10:15 – 11:00	CF	SKILLWALK *Daniel Kirk*
10:15 – 11:00	FS	YOGA SCULPT *Bridget McCabe*
11:15 – 12:00	**FS**	**MODÉRNE BARRE** ***Dalton Homolka***
12:15 – 1:00	FS	WERQ™ DANCE *Miquel Powell*
1:15 - 2:15	FS	POWER VINYASA L1 *Ashley Vega*
2:30 - 3:30	FS	HATHA YOGA L2 *Tresa Carter*
4:00 – 5:15	FS	YIN YOGA + MEDITATION *Sally Morrow*

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	**IC**	INDOOR COURT
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.

COURT + CONDITION
Build strength, endurance and agility in this high intensity circuit class combining tennis drills with total-body conditioning. Rotate through one tennis station and two fitness stations focusing on rotational strength and athletic movements. Racquets provided; no tennis experience required.

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

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 // ROW + PUSH
Build strength and endurance in this high-intensity class, a unique combination of rowing and treadmill sled pushing in one class. Track your personal bests each week as you're challenged with Tabata interval training paired with AMRAP strength training.

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.

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.

PR1ME
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.

WOODSIDE

YOGA LEVEL KEY

L1 - BEGINNER
For those who are new or limited in flexibility. Classes may include lotus, downdog 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.

CLASS ETIQUETTE

Members must check into club and with instructor before class.

Your booked spot in class is gauranteed 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 reliquished 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.