

913.831.9663

FITNESS



SCHEDULE

clubwoodside.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vicious Cycle (S) 6:00-7:00 am	Tae-Box (A) 6:00-6:50 am	Sets & Reps (A) 6:00-7:00 am	Spinergy (S) 6:00-6:45 am	Strength Training (A) 6:00-7:00 am	Sculpt Fusion (B) 8:15-9:15 am	Strength Training (A) 8:30-9:30 am
Low Core (A) 8:30-9:30 am	Power Spin (S) 6:00-7:00 am	Vicious Cycle (S) 6:00-7:00 am	Tae-Box (A) 8:30-9:30 am	Vicious Cycle (S) 6:00-7:00 am	Power Spin (S) 8:15-9:15 am	Step Circuit (A) 9:30-10:30 am
Spin 'n' Sculpt (S) 8:30-9:30 am	Steptacular (A) 8:30-9:30 am	Cardio-Interval (A) 8:30-9:30 am	Sculpt Fusion (A) 9:30-10:30 am	Step Circuit (A) 8:30-9:30 am	Steptacular (A) 8:30-9:15 am	Core Spin (S) 9:30-10:30 am
Hatha Flow Yoga (Y) 8:30-9:45 am	Hatha Flow Yoga (Y) 8:30-9:45 am	Core Spin (S) 8:30-9:30 am	Vinyasa Yoga (Y) 12:00-1:00 pm	Vinyasa Yoga (Y) 8:30-9:45 am	Hard Core (A) 9:15-9:45 am	Vinyasa Yoga (Y) 11:00-12:15 pm
Arms 'n' Abs (A) 9:30-10:15 am	Strength Training (A) 9:30-10:30 am	Hatha Flow Yoga (Y) 8:30-9:45 am	Sculpt Fusion (A) 5:30-6:30 pm	Pilates Mat (A) 9:30-10:30 am	Vinyasa Yoga (Y) 9:15-10:30 am	
Yoga Basics (Y) 10:00-11:00 am	Rhythm Ride (S) 12:10-1:10 pm	Ball Sculpt (A) 9:30-10:30 am	Pilates Mat (Y) 5:30-6:30 pm	Active Living (A) 10:30-11:30 am	Pure Stretch (B) 9:30-10:30 am	
Just Step (A) 4:45-5:30 pm	Arms 'n' Abs (A) 4:45-5:30 pm	Active Living (A) 10:30-11:30 am	Cycle Express (S) 6:00-6:45 pm	Rhythm Ride (S) 12:10-1:10 pm	Spinergy (S) 9:30-10:15 am	
Tae Box (A) 5:30-6:30 pm	Cardio Interval (A) 5:30-6:30 pm	Noga (A) 12:00-1:00 pm	Hatha Flow Yoga (Y) 6:30-7:45 am	Noga (A) 5:30-6:30 pm	Tae-Box (A) 9:45-10:45 am	
Vinyasa Yoga (Y) 5:30-6:45 pm	Vinyasa Yoga (Y) 5:45-7:00 pm	Pilates Mat (A) 4:45-5:30 pm		Happy Hour Spin (S) 5:30-6:30 pm	Pilates Mat (Y) 10:30-11:30 am	
Pilates Mat (B) 5:45-6:45 pm	Cycle Express (S) 6:00-6:45 pm	Step Circuit (A) 5:30-6:30 pm			Yoga Ball (A) 10:45-11:45 am	
Spinergy (S) 6:00-6:45 pm	Sets & Reps (A) 6:35-7:30 pm	Power Yoga (Y) 5:30-6:45 pm				
Arms 'n' Abs (A) 6:30-7:15 pm	Yoga/Core For Men (Y) 7:00-8:00 pm	Power Spin (S) 6:00-7:00 pm				
Moonlight Yoga (Y) 7:00-8:00 pm		Butts 'n' Guts (A) 6:30-7:15 pm				
Tai Chi (B) 7:00pm-8:00pm		Yoga Basics (Y) 6:45-7:45 pm				

Main Sudio (A) Yoga Sudio (Y) Spinning Sudio (S) Basketball Court (B)



YOGA / PILATES / FLEXIBILITY

Yoga/Core for Men No chicks allowed! We keep the male ego in mind with postures that focus on your least flexible body parts: hams, quads, low back and hips. Leave relaxed, stretched out and with a stronger core. All levels welcome.

Power Yoga In this intensive class, students will be stair stepped gradually into more challenging postures. Enhance your strength, flexibility and focus. A great class if you are looking to progress in your yoga practice.

Moonlight Yoga Relax and unwind after work. Suitable for all levels, this slower-paced yoga class will stretch your body and de-stress your mind. Perfect for a pre-bedtime routine.

Hatha Flow Yoga Postures are linked together, yet are held longer to develop endurance, flexibility and relaxation. This blend of movement, breath and intense focus creates an internal heat. Open to all levels.

Vinyasa Yoga This offers a creative fusion of classical and ashtanga yoga postures connected in a flowing sequence. Develop concentration, muscular strength and reduce stress. Some yoga experience recommended. Modifications will be made.

Yoga Basics This entry-level class provides detailed explanations on breathing and technique. Great for beginners or those who wish to review the basics.

Pilates Mat Sculpt your midsection with a series of floor exercises that focus on strengthening and lengthening core muscles. Breathing and alignment emphasized. All levels.

Yoga Ball This total body workout blends yoga skills with the fit ball. This different, fun approach to yoga develops full-body strength. All levels.

Pure Stretch This peaceful class will increase flexibility and decrease stress. Full body moves and sustained stretches calm the mind. All levels.

CARDIOVASCULAR

Just Step The name says it: a non-dancy, high-intensity, all-cardio class. 45 minutes, all levels, but some step experience is helpful.

Step Circuit This class blends 5-minute intervals of step aerobics with upper-body strength training, using dumbbells, tubes and your bodyweight. Finish with abs and a stretch. All levels.

Steptacular For the serious stepper, this class offers complex yet well-taught combinations so you have fun and burn fat! Advanced levels.

Cardio-Interval A medley of fat-burning floor aerobic segments interspersed between toning segments. All levels.

Low Core A challenging and fun class with 35 minutes of low-impact aerobics and 25 minutes of moves for the abs and back. All levels.

Tae-Box This high-intensity blend of punches and kicks set to upbeat music will increase endurance and body tone. All levels.

CONDITIONING

Sculpt Fusion This fresh, creative class delivers the ultimate total body workout. The upper and lower body are integrated into each exercise with your core muscles doing the connecting. These innovative moves raise your heart rate while building strength, endurance and balance. Intermediate to advanced levels.

Noga Fun and new, this integrative class combines yoga, lightweight training and Pilates. Noga promotes flexibility, strength and stamina, creating a leaner, more flexible you.

Arms and Abs This 30-45-minute class focuses on the shoulders, bi's, tri's, chest and stomach. Be ready to work! All levels.

Butts and Guts This high-rep class uses stability and toning balls, weights and resistance bands. Create the curves and cuts you want for a sexy lower body. All levels.

Hard Core This intense 30-45 minute non-aerobic class uses balls, balance discs and your bodyweight to target the abs, back and hips. All levels.

Sets and Reps Create a leaner, stronger body using classic sculpting and stretching techniques. Utilizes light weights, resistance bands and high reps. All levels.

Active Living The mature exerciser is the focus, with intervals of light weights, cardiovascular work and ball exercises. Increases stamina and bone density. All levels.

Ball Sculpt Using the fit ball and your body weight, we target your entire body, especially your center. All levels.

Strength Training Like a group private training session focusing on weight training techniques; weights and bars used. All levels.

CYCLING

Space is limited, call 913.831.9663 to reserve a bike. Check-in at the desk is required before entering spin studio.

Spinergy This fun class is appropriate for beginners, or anyone wanting a slightly less intense class. 45 minutes.

Vicious Cycle This advanced workout combines high-intensity climbs, jumps and sprints guaranteed to push you to your limit.

Power Spin Enhance your ability to produce and maintain power on a bike. Whether you ride for fun or race, we will target specific training goals. See marked improvements in your cycling and overall fitness.

Cycle Express This short-yet-tough class lets you get in and get out! Intervals, uphill sprints and resistance work get it done in a 45-minute class.

Rhythm Ride Feel the music in this hardcore, lunchtime workout. With a mix of rock, house and current grooves, the rhythm is guaranteed to help you dig deep. Energizing and powerful. The music matters!

Spin-n-Sculpt A great combination: 45 minutes of hills, sprints, and jumps with 15 minutes of upper-body sculpting with dumbbells.

Core Spin This traditional class focuses on core strength, proper alignment and riding technique. Includes a core training segment to work abs and back.