

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS • Cycle Express Angela Cottrell	5:30-6:00 MS GRIT™ Strength Alex Yu	6:00-6:45 CS • CLUB CYCLING™ Christian Noni	5:30-6:00 MS GRIT™ Strength Alex Yu	6:00-6:45 CS • Cycle Express Cara Duke	8:00-9:00 CS • Performance Cycle Mike Owens	8:30-9:15 CS • Cycle Express Sarah Buchanan
6:00-6:45 MS BODYPUMP™ Express Monica Mallory	5:45-6:30 CS Performance Cycle Sandy Krigel	6:00-7:00 TC Intro Cardio Tennis Ryan Wall	5:45-6:30 CS Performance Cycle Matthew Smith	6:00-6:45 MS Strength & Burn Joey Betzen	8:00-8:50 MS Cardio Sculpt HIIT Jessie Gumbs	8:00-9:00 BC Boxing Bootcamp Joey Betzen
6:30-7:30 YS Hatha Yoga L1 Brook Campbell	6:00-7:00 YS Power Vinyasa L1-L2 Sarah Buchanan	6:00-6:45 MS BODYPUMP™ Express Clarke Hammes	6:00-7:00 YS Power Vinyasa L1-L2 Celeste Ellis	6:30-7:30 YS Vinyasa L2 Julia Harkleroad	8:30-9:15 BC Power Pilates Mat Christian Noni	8:30-9:30 MS Strength Train 101 Jeffrey McDaniel
8:30-9:45 YS Hatha Yoga L1-L2 Patricia Gray	6:00-6:45 MS Center Barre Matt Araiza	6:30-7:30 YS Vinyasa L1-L2 Kayla Hutchings	6:00-6:45 MS Cardio Sculpt HIIT Jessie Gumbs	8:30-9:30 MS Sculpt Fusion Jessie Gumbs	8:30-9:30 TC Cardio Tennis Grant Fleming	9:00-10:15 YS Power Vinyasa L2-L3 Brook Campbell
8:30-9:15 MS Strength & Burn Shelby Chadd	6:00-7:00 TC Cardio Tennis Grant Fleming	8:30-9:20 CS • Studio Cycle Susu Glynn	6:00-7:00 TC Cardio Tennis Grant Fleming	8:30-9:45 YS Hatha Yoga L1-L2 Sumya Anani	8:45-10:00 YS Power Vinyasa L2 Kayla Hutchings	9:30-10:00 BC Pyramid Cardio Jodie Schnakenberg
8:30-9:20 CS • Cycle Express Sarah Buchanan	8:30-9:30 BC Steptacular Denise Sarver	8:30-9:15 MS Best Butt Now 🏆 Callie Cramer	8:30-9:30 YS Vinyasa Yoga L1 Julia Harkleroad	8:30-9:30 BC Steptacular Denise Sarver	9:00-9:30 MS GRIT™ Cardio Mallory Mahoney	10:00-10:45 MS BODYPUMP™ Express Jodie Schnakenberg
8:30-9:30 TC • Cardio Tennis Grant Fleming	8:30-9:30 YS Hatha Yoga L1 & Meditation Lisa Murphy	8:30-9:45 YS Yin Yoga L1 Seraphine Naeymi	8:30-9:20 MS BODYPUMP™ Michele Morgan	9:30-10:30 BC Power Pilates Mat Seraphine Naeymi	9:30-10:30 CS • Studio Cycle Jeffrey McDaniel	9:30-10:30 CS • Performance Cycle Markey Schleihs
9:30-10:20 MS BODYPUMP™ Wes Mikel	8:30-9:00 MS GRIT™ Cardio Mallory Mahoney	9:30-10:20 MS BODYPUMP™ Michele Morgan	9:30-10:20 MS Modérne Barre 🏆 Seraphine Naeymi	9:30-10:20 MS BODYPUMP™ Anne Ruch	9:45-10:30 MS ELITE 🏆 Clarke Hammes	11:00-11:50 MS BODYJAM™ Marisa Sheehy
10:00-11:00 YS Yoga Basics L1 Lisa Murphy	9:00-9:15 MS HardCORE Cuts Mallory Mahoney	10:00-11:15 YS Yoga Basics L1 & Meditation Carrah Quigley	9:35-9:50 YS Meditation RISE 🏆 Julia Harkleroad	10:00-11:00 YS Yoga Basics L1 Jordan Ryan	10:15-11:15 YS Roll + Release 🏆 Christian Noni	11:30-12:45 YS Hatha Yoga L1 Maria Cuevas
10:30-11:20 MS Active Age: Strength Teri Higginbotham	9:30-10:20 MS Modérne Barre 🏆 Seraphine Naeymi	10:30-11:20 MS Active Age: Tone Denise Sarver	9:30-10:15 OP Active Age: Aqua Denise Sarver		10:00-10:45 OP Aqua Cardio Denise Sarver	4:00-5:15 YS Vinyasa L1 & Meditation Carrah Quigley
	9:30-10:15 OP Active Age: Aqua Denise Sarver				10:30-11:30 BC Center Barre Danielle Enriquez-Fowler	
					10:30-10:45 MS HardCORE Cuts Clarke Hammes	
12:00-12:30 MS SHOCK + SHRED 🏆 Jackie Sciarra	12:00-12:45 CS • Cycle Express Shelby Chadd	12:00-12:30 MS SHOCK + SHRED 🏆 Caitlin Katz	12:00-12:45 CS • Cycle Express Shelby Chadd	12:00-12:30 MS SHOCK + SHRED 🏆 Kaleb Wersland	11:00-12:00 MS BODYPUMP™ Anne Ruch	
12:00-1:00 YS Power Vinyasa L2 Taylor Deeds	12:00-1:00 YS Power Vinyasa L2 Sarah Buchanan	12:00-12:30 YS Roll + Release 🏆 Christian Noni	12:00-1:00 YS Power Vinyasa L2 Mike Owens		11:30-12:45 YS Hatha Yoga L1-L2 Patricia Gray	
4:45- 5:30 MS Best Butt Now 🏆 Jodie Schnakenberg	4:45- 5:30 MS Sculpt Fusion Angela Ansley	4:45-5:30 MS Best Butt Now 🏆 Jodie Schnakenberg		5:30-6:15 MS BODYPUMP™ Express Jodie Schnakenberg		
5:30-6:00 MS GRIT™ Athlete Mallory McDonald	5:30-6:20 CS • CLUB CYCLING™ Christian Noni	5:30-6:00 MS Pyramid Cardio Jodie Schnakenberg	5:30-6:20 MS Center Barre Matt Araiza	5:30-6:30 YS Power Vinyasa L2 Maria Cuevas		
5:30-6:30 YS Power Vinyasa L2 Seraphine Naeymi	5:30-6:00 BC Strength & Burn Casey Pessetto	5:30-6:30 YS Power Vinyasa L2 Taylor Deeds	5:30-6:00 BC Strength & Burn Mallory Mahoney			
6:00-6:50 BC ELITE 🏆 Jackie Sciarra	5:30-6:20 MS Pilates Mat Caitlin Katz	6:00-6:50 BC ELITE 🏆 Kaleb Wersland	5:30-6:45 YS Vinyasa L1-L2 Patricia Gray			
6:00-7:00 MS BODYPUMP™ Anne Ruch	6:00-6:30 BC Boxing Boot Camp Casey Pessetto	6:00-6:50 CS • Cycle Express Sarah Buchanan	5:30-6:20 CS • Cycle Express Jodie Schnakenberg			
6:00-6:50 CS • Studio Cycle Jeffrey McDaniel	5:45-6:45 YS Ashtanga Yoga L1-L2 Jordan Ryan	6:00-7:00 TC Intro Cardio Tennis Ryan Wall	6:00-6:30 BC Boxing Boot Camp Mallory Mahoney			
6:00-7:00 TC • TRX™ Cardio Tennis Matt Smith	6:00-7:00 TC Cardio Tennis Tennis Coach	6:00-7:00 MS BODYPUMP™ Anne Ruch	6:30-7:15 M5 BODYPUMP™ Express Jodie Schnakenberg			
7:00-7:15 MS HardCORE Cuts Anne Ruch	6:30-7:15 MS BODYPUMP™ Express Jodie Schnakenberg	7:00-7:15 MS HardCORE Cuts Anne Ruch	7:00-8:00 YS Power Vinyasa L2 Mike Owens			
7:00-7:50 YS Yin Yoga L1 Christian Noni	7:00-8:00 BC Tai Chi Joe Estrada	7:00-8:00 YS Yin Yoga L1 & Meditation Annamarie Weddle				
7:50-8:10 YS Meditation REST 🏆 Christian Noni	7:00-8:00 YS Power Vinyasa L2 Emily Cox					

SEPTEMBER GROUP FITNESS SCHEDULE

CLASS LOCATION KEY

MS Main Studio	CS Cycling Studio
YS Yoga Studio	BC Basketball Court
PS Pilates Studio	TC Tennis Court
• Bookable Class	AP Adult Pool

🏆 **Woodside Signature Classes**

Download the Woodside mobile app for current listings, sub instructors and class updates.

YOGA

L1 Designed for both new yogis and those who are limited in flexibility. L1 classes can allow you to peak in crow pose or tripod-headstand.

L2 Build on elevated poses linked with breath to maximize stamina and alignment. L2 classes can introduce king pigeon pose, headstands and arm balance poses.

L3 Highest degree of experience advised. L3 classes may include handstand or poses such as scorpion or firefly.

Yoga Basics

Basic, foundational yoga poses are taught in a safe, encouraging environment. Class emphasis is on alignment, breathing, strength, and full range of motion through standing postures, twists, forward folds, and hip openers. Perfect for those with limited flexibility or new to Yoga.

Hatha Yoga

The word “Hatha” is both the term for all physical practices of yoga and the yoga of opposing energies, Surya (sun) and Chandra (moon). Experience a class focusing on flowing from pose to pose, linking movement with breath. A Hatha practice will incorporate sitting, standing, and inverted postures for everyone, with elevated options.

Ashtanga Yoga

A dynamic flow class that connects movement with breath, reflecting the six fundamental sequence series. Students experience each pose and transition at their own pace.

Vinyasa Yoga

Vinyasa (translates to “flowing with breath”) is a dynamic style of Hatha yoga which joins postures, or asanas, with your body’s breath, creating a steady internal rhythm. Vinyasa yoga cultivates heat in the body with sequences involving sun salutations, standing and seated postures.

Power Vinyasa

A classical sequence of breath-linked poses with postures for a warming yoga practice. Maximize range of motion, joint mobility, flexibility and endurance. This style of yoga is great for everyone, including athletes. L3 Power Vinyasa classes can include inversions and arm balancing.

Restorative | Yin Yoga

Embody a practice that is about opening your body through active or long passive stretching to harmonize the body’s vital life force or chi. Restorative poses include gentle twists, seated forward folds, and more while using props such as blocks, blankets and bolsters.

ACTIVE AGE SERIES

ACTIVE AGE: Strength

Deconditioned? New to strength training or nursing an injury? This class is strategically designed to increase joint stability, muscular strength and cardiovascular endurance.

ACTIVE AGE: Tone

Perfect your posture and total body toning with resistance training and stability exercises. Tone & Balance will improve flexibility and agility using stability balls and more.

ACTIVE AGE: Aqua

Tone and sculpt your body with no impact to your joints! This popular water workout uses buoyant weights to deliver a cardio and resistance workout. Get ready to get wet and sweat.

CARDIO

Boxing Boot Camp

Fight, dominate and terminate the fat cells in this boxing boot camp class! **Sign-up required.**

Center Barre

Whip your glutes, arms, legs, back, abs and shoulders into strong, lean shape – utilizing traditional & ballet movements and props. Tone & tighten with high reps & low weight.

Steptacular

For the advanced stepper, this class offers complex combinations so you have fun while you burn fat!

BODYJAM™

Get dancing to the latest music with the freshest moves in BODYJAM, a modern dance workout tuned to hip hop, house, drum & bass and more!

Best Butt Now 🍌

Strategically designed to shape your best asset in 45mins or less. Lift and tone up your glutes, build strength and defition, and get powerful.

MINDFULNESS

Meditation | RISE 🍌 🧘

Strengthen concentration and presence with Meditation Burpees. Sharpen creative responsiveness through the art of awareness and become the high performance machine you were born to be. RISE to a compassion driven approach to fuller, brighter living designed by Jona Genova.

Meditation | REST 🍌

For those who is mind-ful enough, step into a signature meditation class created by Jona Genova designed to correct the energetic patterning of worry or pain that’s keeping you up at night. Experience an intentional state of REST with the support of intuitively selected healing crystals. Leave with personal guidance to support you along your journey.

PILATES | FLEXIBILITY

Power Pilates Mat

Using the fundamental principles of Pilates created by Joseph Pilates in our 50min mat class. Using Pilates equipment imported from Europe, focus on strength, precision and flow through controlled movements to challenge and tone your entire body, stamina and posture.

Modérne Barre 🍌

In 50 mins, experience Barre and Pilates Mat at it’s finest using state of the art European Pilate balls & dumbbells. Enjoy a pinch of cardio as you tone and sculpt your body into a true dancer body.

Roll + Release 🍌

Self-massage tight muscles from your feet to your neck, increase flexibility and maximize athletic performance using Yoga Tune Up™ Balls. This 60 min class is perfect for those who are extremely tight or even the most avid athlete. *Suitable for all fitness levels

STRENGTH | CONDITIONING

BODYPUMP™ | BODYPUMP™ Express

This workout challenges all your major muscle groups by using the best weight-room exercises (squats, presses, lifts and curls). Powerful music, trained instructors and your choice of weight help you to get results.

HardCORE Cuts

This 15min ab class tightens core muscles, improves functional strength for balance, mobility and injury prevention.

Strength & Burn

High-intensity timed cardio sports drills combined with strength drills using various training tools in a circuit-style station class.

GRIT™ Athlete

A 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete.

GRIT™ Strength

A high-intensity interval weight training workout designed to improve strength and build lean muscle mass. Participants will use a bar & weights to achieve next-level results.

GRIT™ Cardio

A high-impact cardio workout designed to take your body to the next level using only your own body weight and high intensity interval training.

Pyramid Cardio

8 explosive, 60sec cardio exercises into a class where the workouts become stacked. Instant Results Guaranteed*

ELITE 🍌

A 50 min Woodside signature class devoted to heavy weights & HIIT cardio. Sculpt your core and maximize fat burn with strategic exercises utilizing dumbbells, kettlebells and more to achieve a fit & sculpted body in half the time.

SHOCK + SHRED 🍌

The Woodside signature class that has mastered the perfect bootcamp in 30 minutes. In four rotating stations, SHOCK + SHRED delivers the most unparalleled results-driven exercises using dumbbells, slam balls, battle ropes and ViPRS. This workout strategically shocks your metabolism to jump-start and shred your body with lean, dense muscle. PS: This ain’t your everyday bootcamp

Strength Train 101

If you are deconditioned, new to strength training or nursing an injury this class may be for you. Learn how to properly and progressively execute strength training moves to tone and strengthen your body.

Cardio Sculpt HIIT

45 minutes of explosive cardio exercises looped into a class where the workout delivers ultimate fat burn and sculpted abs.

INDOOR CYCLING

CLUB CYCLING™

This high intensity ride will have you pumping with rhythm along to beat-dropping, hip hop and edm tracks. Instant and lasting results, guaranteed. ***Sign-up required**

Cycle Express

Get in and out with a high-intensity ride where music meets movement. Let the energy move you with inspired playlists, interval drills and climbing challenges. ***Sign-up required**

Performance Cycle

Whether you are training for the outdoors, a competitive event, our performance rides will elevate your fitness. Through distance, power, and timed challenges, our performance ride will teach you to hit your PR, every time. ***Sign-up required**

Studio Cycle

You can’t beat a classic. Start your ride on the basics in our studio cycling class, where the best music and technique is taken to the next level. Earn instant results in less than one hour ***Sign-up required**

TENNIS

TRX® Cardio Tennis

This course combines TRX Suspension Training and Cardio Tennis to deliver an on-court, cutting-edge program that builds strength and improves tennis performance. Intended for all level players. **Sign-up required.**

AQUA

Aqua Blast

Dive into this low impact cardio and conditioning class that turns the latest aqua-based exercises into a joint-friendly, high energy workout.

CLASS REGISTRATION

ALL CLASSES IN BLUE MUST BE BOOKED ONLINE

REGISTER FOR CLASSES ONLINE

- Visit www.clubwoodside.com and click on “MyWoodside” in the upper right corner & log-in
- Click the “Schedule” tab on the left hand side, then “Classes” and “Class Sign Up”
- Under “Class Type”
- Choose your time frame, and click “Search”
- Click on the appropriate class and then click “Confirm” to confirm your reservation (you will receive an email confirmation of your reservation)

CHECK-IN PROCESS

- You **MUST** swipe your membership card and check-in for class at the Studios front desk **before** your reserved class to avoid no-show fees.