

## FIT GROUP FITNESS

Fall Schedule August 24<sup>th</sup>, 2009-January 3<sup>rd</sup> 2010)

TIME	CLASS	MONDAY INSTRUCTOR	LOCATION
7:00-8:00 am	WPA	Peggy Nigh	Pool
8:00-9:00am	Aqua	Joy Overacre	Pool
8:25-9:10 am	Ball Strength	Nita Brooks	Fitness Room
9:00-10:00 am	Over 50 and Fit	Peggy Nigh	Pool
9:15-10:15 am	BodyCombat	Nita Brooks	Fitness Room
10:10 -11:10 am	Aquacise	Beth Stangler	Pool
10:30-11:15 am	LS	Fabiola Lopez	Fitness Room
5:30-6:25 pm	BodyCombat ●	Drew Nervig	Fitness Room
6:30-7:30 pm	Yoga	Karen Apple	Fitness Room
<b>TUESDAY</b>			
8:00-9:00 am	Aqua	Marilyn McCreary	Pool
8:25-9:10 am	SS	Kelly Lancey	Fitness Room
9:00-10:15 am	WPA	Beth Stangler	Pool
9:15-10:00 am	Body Bar Interval	Kelly Lancey	Fitness Room
11:00-12:00 am	Soft Joints	Fabiola Lopez	Pool
5:15-5:45 pm	FIT Girls-Strength ●	Nita Brooks	Fitness Room
5:45-6:45 pm	Tone it Up	Kim Kraus	Fitness Room
<b>WEDNESDAY</b>			
6:00-6:45 am	Circuit Interval ●	Kelly Lancey	Fitness Room
7:00-8:00 am	WPA	Peggy Nigh	Pool
8:00-9:00 am	Aqua	Joy Overacre	Pool
8:25-9:10 am	Forever Fit	Fabiola Lopez	Fitness Room
9:00-10:00 am	Over 50 and Fit	Annette Simpson	Pool
9:15-10:00 am	LS	Fabiola Lopez	Fitness Room
10:10-11:10 am	Aquacise	Annette Simpson	Pool
5:30-6:25 pm	BodyCombat ●	Drew Nervig	Fitness Room
6:30-7:30 pm	Yoga	Amy Pescaglia	Fitness Room
<b>THURSDAY</b>			
8:00-9:00 am	Aqua	Marilyn McCreary	Pool
8:25-9:10 am	Body Bar Basics	Fabiola Lopez	Fitness Room
9:00-10:15 am	Aquasize	Lisa Glass	Pool
9:15-10:15 am	BodyCombat	Nita Brooks	Fitness Room
11:00-12:00 am	Soft Joints	Fabiola Lopez	Pool
5:15-5:45 pm	FIT Girls-Cardio ●	Cindy Palmer	Fitness Room
5:45-6:45 pm	Tone it Up	Karen Talbott	Fitness Room
<b>FRIDAY</b>			
7:00-8:00 am	WPA	Peggy Nigh	Pool
8:00-9:00 am	Aqua	Joy Overacre	Pool
8:25-9:10 am	Yoga	Melissa Menard	Fitness Room
9:00-10:00 am	Over 50 and Fit	Peggy Nigh	Pool
9:15-10:00 am	LS	Fabiola Lopez	Fitness Room
10:10-11:10 am	Aquacise	Lisa Glass/Peggy Nigh	Pool
<b>SATURDAY</b>			
8:00-9:00 am	Anything Goes	Julia Grus/Peggy Nigh	Pool
8:30-9:30 am	Yoga	Melissa Menard/ Amy Pescaglia	Fitness Room
9:30-9:55 am	F.I.T. Girls-stretch	Melissa Menard/Amy Pescaglia	Fitness Room
10:00-10:45 am	Body Sculpt	Sandy Schranck	Fitness Room
<b>SUNDAY</b>			
12:30-1:30 pm	BodyCombat	Nita Brooks/Cori Day	Fitness Room
1:30-2:30 pm	Polynesian/Hula	Fiao'o Fonoti	Fitness Room

● **These classes are new**

**Wilson's FIT Location**

2900 Forum Blvd.  
Columbia, MO 65203  
573-449-2606

**Hours** Mon-Thurs 6am-9pm

Fri 6am-7pm

Sat 8am-7pm

Sun 12pm-7pm

**For more information on classes, please contact Catina Topash [ctopash@wilsonsfitness.com](mailto:ctopash@wilsonsfitness.com)**

***Class Descriptions***

**Anything Goes-** This class is chosen by the instructor and the class.

**Aqua-** A low intensity class which includes a 10-15 minute warm up with stretches, 20 minutes of low-impact aerobics conditioning, 10-15 minutes of toning exercises and a final stretch.

**Aquacise-** A moderate intensity class including aerobic, strength and flexibility exercises.

**Ball Strength-** This class is just like body sculpt except using the stability ball for added core work.

**Body Bar Basics-** Come and check out our new body bars. This is a great way to train your muscles with the comfort of a padded body bar- you'll love them!

**Body Bar Interval-** Stamina Strengthening Body Bar plus core and cardio intervals. It's a great way to burn fat and calories.

**BodyCombat-** Empowering cardio workout that is fiercely energetic. Inspired by martial arts and draws from an array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. (Express=45 minutes)

**Body Sculpt-** Strengthening of lower and upper body using hand weights and bands.

**Circuit Interval-**

**F.I.T. Girls-**Comprehensive exercise program for girls ages 10 and up. Each day focuses on a different fundamental element of fitness. There will be incentives for attendance milestones.

**Forever Fit-** Low impact aerobics put to some big band favorites. Stay forever fit!

**Lengthen and Strengthen (LS)-** Focus on core muscles while strengthening and stretching the body from head to toe. Weights, bands and balls may be used.

**Over 50 and Fit-** A low to moderate intensity class designed for the older adult or entry-level exerciser. Focuses on joint range of motion and overall flexibility with an aerobic segment, cool down and stretch.

**Polynesian Hula-** Share in the Polynesian culture and strengthen your mind, body and heart. This full body workout will be more than just shaking your hips. A wrap around skirt is recommended.

**Soft Joints-** This is geared toward exercisers with various forms of arthritis. Slow stretches in the water designed to increase range of motion.

**SS (Sweat and Stretch)-** This class offers 30 minutes of cardio followed by 15 minutes of stretching. It's a great combination that your body will love.

**Tone it Up-** Strength training for every muscle group with cardio intervals to burn calories. Also a focus on core strength and balance.

**Water Power Aerobics (WPA)-** A moderate to high intensity aerobic workout incorporating a variety of class formats such as intervals, circuits and power moves. Also includes strength and flexibility exercises.

**Yoga-** Provides focused practice that strengthens and tones muscles, increases bone density and establishes correct body alignment through asanas, breathing technique, warm ups and relaxation.

- Please bring a water bottle to all classes to stay hydrated.
- Aerobics specific shoes are recommended for cardio classes
- Schedule subject to change due to low attendance, instructor injury or instructor availability.
- These classes have been set up to complement each other. Please feel free to attend more than one class in order to receive overall fitness.
- Please be courteous of classes directly after your class and feel free to visit outside of the classroom.