

FIT GROUP FITNESS

Winter Schedule (January 4th, 2010-April 5th, 2010)

TIME	CLASS	MONDAY INSTRUCTOR	LOCATION
7:00-8:00 am	WPA	Michele Tobia	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	Lisa Glass	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
TUESDAY			
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
9:15-10:15 am	BodyVive ☺	Beth VanLoo	Fitness Room
11:00-12:00 am	Soft Joints	Fabiola Lopez	Pool
4:45-5:10 pm	FIT Girls-Strength ☺	Nita Brooks	Fitness Room
5:15-6:15 pm	Tone it Up ☺	Kim Kraus	Fitness Room
5:45-6:45 pm	AquaInterval ☺	Carolyn Oates	Pool
6:15-7:15 pm	BodyVive ☺	Nita Brooks	Fitness Room
WEDNESDAY			
6:00-6:45 am	Circuit Interval	Kelly Lancey	Fitness Room
7:00-8:00 am	WPA	Michele Tobia	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
10:00-11:00 am	BodyVive ☺	Lori Doherty	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
THURSDAY			
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
4:45-5:10 pm	FIT Girls-Cardio ☺	Cindy Palmer	Fitness Room
5:15-6:15 pm	Tone it Up ☺	Karen Talbott	Fitness Room
5:45-6:45 pm	AquaInterval ☺	Carolyn Oates	Pool
6:15-7:15 pm	BodyVive ☺	Melissa Blauch	Fitness Room
FRIDAY			
7:00-8:00 am	WPA	Peggy Nigh	Pool
8:00-9:00 am	Aqua	Joy Overacre	Pool
8:25-9:10 am	BodyVive ☺	Nita Brooks	Fitness Room
9:00-10:00 am	Over 50 and Fit	Alysha Kestner	Pool
9:15-10:00 am	LS	Fabiola Lopez	Fitness Room
10:10-11:10 am	Aquacise	Marilyn McCreary	Pool
SATURDAY			
8:00-9:00 am	Anything Goes	Julia Grus/Peggy Nigh	Pool
8:30-9:30 am	BodyVive ☺	Annie Dohack	Fitness Room
9:30-10:15 am*	Yoga ☺	Amy Pescaglia	Fitness Room
10:15-11:00 am	Body Sculpt ☺	Sandy Schranck	Fitness Room

SUNDAY

12:30-1:30 pm	BodyCombat	Jen Trachsel/Cori Day	Fitness Room
1:30-2:30 pm*	Polynesian/Hula	Fiao'o Fonoti	Fitness Room

● **These classes are new**

* **These classes include FIT girls**

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

Class Descriptions

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

AquaInterval- This intermediate to high impact class gives you a full body workout broken down into aerobics, abs, arms, and cool down.

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.

BodyVive-A High energy, low-impact workout that lets you choose how hard you work. Takes you through heart fitness, Functional Strength and Core and Restore.

Circuit Interval- Burn a lot of calories with this class that takes you through different stations to work different areas of fitness.

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.