

November 3rd, 2009

Wilson's News

Wilson's In The District - Open House

Every Friday in November 3:00pm - 6:00pm

Join us in celebration of this exciting new facility. Meet your membership team and discover your opportunities at Wilson's in the District. This facility is a must see!

111 Orr St. Contact: Tia Casady tcasady@wilsonsfitness.com

Wilson's Food Bank Volunteers-Cranberry Crawl

Saturday November 7th 7:00am - 10:30am

Each month Wilson's puts together a volunteer group of 8 or more people to help the Central Missouri Food Bank provide food for those in need. This month they have asked that we provide volunteers for the Cranberry Crawl which raises much needed funds for them instead.

All volunteers will meet at the food bank on Vandiver at 7:00AM to get assignments.

All Wilson's/MAC/FIT members, staff and their family and friends are welcome to join us. Please let me know if you can be there!

Contact: lflorea@wilsonsfitness.com

Parent's Day Out - Tiger Day

Saturday November 7th 11am - 6pm

All Kids are invited to come to FIT/MAC on Saturday for a fun filled, high energy day packed full of activities! Parents enjoy a day at the football game, finishing projects, or just some much deserved time to yourself! Contact: Dawn Stephens dstephens@wilsonsfitness.com

MAC Day Camps and Snow Day Camps

Next Date: Friday November 13th 8am - 5pm

Do your kids need something to do when school is out for a scheduled day off or maybe that unexpected snow day? Bring your campers K-6th grade to the MAC for soccer, field games crafts, swimming and fun all day! Print your [Day Camp Registration](#)

contact: Adam Booth (573) 442-KICK abooth@soccermac.com

Zumba Demo at Wilson's on Forum

What is Zumba? Find out Saturday November 14th

Two demonstrations of Zumba - one in the water during the 9:15 Aqua class and one on land during the 10:35 Group Fitness class.

contact: ctopash@wilsonsfitness.com

F.I.T. Open House

Thursday November 19th 4pm- 8pm

Bring your friends and sample our group fitness classes, meet the team and enter to win great prizes including a FIT membership! More details to follow soon. contact: jhuebert@wilsonsfitness.com

Body Attack and RPM Launches

Both in November - dates & times to be announced

Watch for updates and information on our web site!



In This Issue

- District Open House
- Food Bank Volunteer Day
- Parent's Day Out
- MAC Day Camps
- Zumba Demo
- F.I.T Open House
- Body Attack/RPM Launch
- New Fitness Director
- Xceleration Program
- Holiday Hours
- Inclement Weather
- MAC Swim Lessons
- MAC Soccer Programs

Wilson's On Forum

2902 Forum Blvd
(573) 446-3232

Wilson's On Vandiver

203 E. Leslie Ln.
(573) 443-4242

F.I.T.

Powered By Wilson's

2900 Forum Blvd
(573) 449-2606

The MAC

Powered By Wilson's

2902 Forum Blvd
(573) 449-2606 swim
(573) 442-KICK soccer

Wilson's Corporate

Opportunities

corporate@wilsonsfitness.com

Introducing Jeremy Phillips B.S. NASM-CPT

Jeremy (JP) is Wilson's new Fitness Director

Have a training question or want to find out how easy it is to have your own personal trainer? Contact: JP jphilips@wilsonsfitness.com

Wilson's Xceleration Program

Wilson's Xceleration is a proud member of the Athletic Republic, the largest sports performance training network in the world. Over 550,000 amateur, collegiate, and professional athletes have trained in over 160 locations worldwide. Our customized programs are executed on US patented, trademarked, and copyrighted equipment. Your Xceleration experience cannot be duplicated. Want more information? [Visit us](#) or contact: Neisha Hairston nhairston@wilsonsfitness.com

Thanksgiving Hours

Wilson's on Forum, Wilson's on Vandiver and F.I.T

Wednesday November 25th - closing at 6pm

Thursday November 26th - Closed

Friday November 27th - Normal hours for Forum & F.I.T
Vandiver will open at 6:00am

MAC Swim Lessons

The Holiday's are fast approaching. There is no better gift than swim lessons for your kids, grandkids or yourself. Swimming is a life skill that everyone should have. Sign up now for group lessons, private lessons, semi-private lessons or small group lessons.

Visit us: [MAC Swimming](#)

Contact: Anne Sievers (573) 449-2606 asievers@wilsonsfitness.com

MAC Soccer Programs

All ages and ability levels. Visit us: [MAC Soccer](#)

Contact: Adam Booth (573) 442-KICK or a Booth@soccermac.com

Inclement Weather Information

When road conditions are bad and especially if Columbia Public Schools are closed, be sure to call your club or listen to KFRU and channels 8 and 17 for any closures or cancellations before you drive.

Wilson's Newsletter

Contact: Lara Florea lflorea@wilsonsfitness.com