

February 10th 2010

# Wilson's News

## Wilson's V.P. Corner

Are you off to a great start to better health for the new year? Are you finding yourself caught up in the ol' new years resolution...but already losing interest or momentum?

That's where we come in...personal training...the question isn't **if** you need training...but for how long? Get the accountability and motivation you need to keep up with your health goals.

Why not team up with a friend and keep each other motivated? Know someone who wants to work out with you but they're not a member...no problem. We have a fantastic referral program to benefit you both. Talk to your membership representative at any location about customizing your training package and be sure to pick up your referral card today!

JamesDean Abrams [jdabrams@wilsonsfitness.com](mailto:jdabrams@wilsonsfitness.com)

## Parent's Night Out

*Saturday February 13th 4-10PM*

All Kids are invited to come to FIT/MAC on Friday for a fun filled, high energy evening packed full of activities! Parents enjoy an evening out to celebrate Valentines Day or just some much deserved time to yourself! Register at FIT or Contact: Dawn Stephens [dstephens@wilsonsfitness.com](mailto:dstephens@wilsonsfitness.com)

## Wilson's Indoor Triathlon

*February 14th at Wilson's on Forum*

Registration available through February 13th!

[Event/Registration Information](#)

Contact: Catina Topash [ctopash@wilsonsfitness.com](mailto:ctopash@wilsonsfitness.com)

## MAC Day Camps and Snow Day Camps

*Next Date: February 15th, 19th, & 26th*

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](mailto:abooth@soccermac.com)

## District Grand Opening

*Friday February 19th 11am - 8pm*

Class demonstrations, meet the trainers, instructors and team members that make our location in the District so unique. Learn about Krankcycle and "Hot Yoga." [Your Invitation & More Information](#)  
[See Krankcycle In the News](#) Join us at the District!

Contact: Tia Casady [tcasady@wilsonsfitness.com](mailto:tcasady@wilsonsfitness.com)

## Food Bank Volunteers Day

*Saturday March 6th 9:00am - 11:00am*

Each month Wilson's puts together a volunteer group of 8 or more

Wilson's Fitness Centers



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[February Recipe](#)  
Grilled Chicken with  
Spiced Mint Yogurt  
[February Fitness Tip](#)  
How Much Water?

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Wilson's On Forum  
2902 Forum Blvd  
(573) 446-3232

Wilson's On Vandiver  
203 E. Leslie Ln.  
(573) 443-4242

Wilson's In the District  
111 Orr St..  
(573) 777-6700  
F.I.T.

Powered By Wilson's  
2900 Forum Blvd  
(573) 449-2606

The MAC  
Powered By Wilson's  
2900 Forum Blvd  
(573) 449-2606 swim  
(573) 442-KICK soccer

Corporate Opportunities  
[corporate@wilsonsfitness.com](mailto:corporate@wilsonsfitness.com)

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people to help the Central Missouri Food Bank provide food for those in need.

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 Lara Florea: [lflorea@wilsonsfitness.com](mailto:lflorea@wilsonsfitness.com)

## Wilson's MAN CAMP

Experience this 5 week extreme outdoor workout using non-traditional exercise. [More Information](#).  
Contact JP: [jphillips@wilsonsfitness.com](mailto:jphillips@wilsonsfitness.com)

## Academic Tutoring at Wilson's on Forum

With Marilyn McCreary - Certified K-8 teacher with 33 years experience teaching 4th - 6th graders.  
[More Information](#)

## Looking for the perfect summer job?

We have it! Now hiring Lifeguards for both Beach Club & MAC Summer Club, The MAC is also hiring Managers, Swim Team Coaches and Swim Lesson Instructors. If interested please fill out an application and submit to Anne Sievers at the MAC. Beach Club applications can also be turned in at Wilson's on Forum. [Employment Application](#)  
Contact: Anne Sievers (573) 449-2606 [asievers@wilsonsfitness.com](mailto:asievers@wilsonsfitness.com)

## MAC Swim Lessons

Sign up now for group lessons, private lessons, semi-private lessons or small group lessons. Visit us: [MAC Swimming](#) [Follow us on Facebook](#)  
Contact: Anne Sievers (573) 449-2606 [asievers@wilsonsfitness.com](mailto:asievers@wilsonsfitness.com)

## MAC Soccer

Soccer for all ages and skill levels. Visit us: [MAC Soccer](#)  
Contact: Adam Booth (573) 442-KICK or 449-2606  
[aboath@soccermac.com](mailto:aboath@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.

### Health & Fitness Partners



Seattle Sutton  
Healthy Eating  
at Wilson's on Forum

### CSC

Columbia Sports Complex  
Tumbling, Trampoline & Cheer In  
the MAC on Forum

