

September 23, 2009

## Wilson's News

### Self Defense Lecture

*Wednesday September 23rd 7:00pm FIT*

Tim Fancher from Fancher's Street Edge will be speaking on women's self defense. All are welcome to this very informative lecture which will be held at FIT (Females In Training) located inside the MAC 2900 Forum Blvd. (573) 449-2606 [jhuebert@wilsonsfitness.com](mailto:jhuebert@wilsonsfitness.com)

### MAC Day Camps

*Friday September 25th 8am - 5pm*

Do your kids need something to do when school is out this Friday? 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 [aboath@soccermac.com](mailto:aboath@soccermac.com)

### Wilson's Blood Drive

*Saturday October 3rd 9am - 11am*

Sign ups are requested but walk ins are certainly welcome. The drive will take place at Wilson's on Forum in the Racquetball Courts. 2902 Forum Blvd. (573) 446-3232 [igarlow@wilsonsfitness.com](mailto:igarlow@wilsonsfitness.com)

### Les Mill's Program Launch For Breast Cancer Awareness

*Saturday October 10th at Wilson's on Vandiver*

BodyStep 9:30AM BodyJam 10:30AM BodyFlow 11:30AM

*Sunday October 11th at Wilson's on Forum*

BodyStep 11:00AM Bosu 12:00PM BodyJam 1:00PM

BodyFlow 2:00PM

Wilson's Breast Cancer Awareness T-shirts will be available for purchase prior to these events. Show your support and wear them to these events!

### Wilson's Breast Cancer Awareness Shirts

*Organized by Liz Schulte at Wilson' on Forum*

As many of you know October is Breast Cancer Awareness month. We will be doing a Wilson's t-shirt again. I am excited to offer new color options this year, and for us to wear them in support!! This year there is a choice of either pink w/ white print or white w/ pink print in the regular t-shirt. The long sleeve ladies shirt this year is white w/ pink. I will have hoodies available on pre-order only. If anyone is interested in a hoodie please e-mail me [lschulte@wilsonsfitness.com](mailto:lschulte@wilsonsfitness.com) or call (573) 446-3232.

Prices: T-shirts \$15 Long sleeve ladies \$20 Sweatshirt hoodies \$25  
Cash or check (payable to Liz Schulte) only

These shirts will also be available at the Les Mills Launches on Vandiver & Forum.

All proceeds from the shirt sales will go directly to our local Susan G. Komen for the cure.

### Wilson's Food Bank Volunteer Day

*Saturday October 17th 9:00am - 11:00am*

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. All Wilson's/MAC/FIT members, staff and their family and friends are welcome to join us. Hope to see you there!

Contact: [lflorea@wilsonsfitness.com](mailto:lflorea@wilsonsfitness.com)

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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

### 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](mailto:corporate@wilsonsfitness.com)

## Wilson's Boot Camp

*Start Date October 26th*

Contact: (573) 446-3232 or [ctopash@wilsonsfitness.com](mailto:ctopash@wilsonsfitness.com)

## Parent's Night Out

*Huge Success!*

Information on upcoming dates will be posted on the Wilson's web site in the next week. Visit us at [wilsonsfitness.com](http://wilsonsfitness.com)

Contact: Dawn Stephens [dstephens@wilsonsfitness.com](mailto:dstephens@wilsonsfitness.com)

## MAC Swim Lessons

*MAC Swim Lessons Have Moved Inside!*

Sign up now for our next session. Swim lessons run year-round at the MAC. Group lessons, private lessons, semi-private & small group lessons are all available! Visit us: [MAC Swimming](#)

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

## MAC Family Swim

*Starts Again October 2nd*

Friday's 4:30-6:30 Saturday's 2:30-6:30 Sunday's 2:30-6:30

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

## MAC Soccer Programs

*Second Fall Session Beginning Soon*

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

Contact: Adam Booth (573) 442-KICK or [aboath@soccermac.com](mailto:aboath@soccermac.com)