

# NORTH GROUP FITNESS

## FALL SCHEDULE (SEPTEMBER 1<sup>ST</sup> - JANUARY 5<sup>TH</sup>)

### MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30-9:25 am	Yoga	Melissa Menard	Fitness Room
9:30-10:15 am	Express BodyStep	Sara Bozdech	Fitness Room
10:15-11:00 am	Express BodyPump	Sara Bozdech	Fitness Room
12:00-1:00 pm	BodyPump ●	Jeralee Wolf	Fitness Room
12:00-1:00 pm	Journey	ShannonDeitzel	Cycling Room
4:20-5:20 pm	Power Yoga ●	Polly Sweitzer	Fitness Room
5:30-6:25 pm	Body Pump + 1	Joy Millard	Fitness Room
5:30-6:25 pm	Journey	Chuck Archer	Cycling Room
6:30-7:00 pm	Ab lab	Chuck Archer	Fitness Room
6:30-7:30 pm	Journey	Meshelle Vesecky	Cycling Room
7:00-8:00 pm	BodyJam ●	Kelly Becker/Kelly Lancey	Fitness Room

### TUESDAY

5:30-6:30 am	Strictly Strength	Cindy Brengarth	Fitness Room
8:30-9:25 am	Forever Fit	Darlene Rowe	Fitness Room
9:30-10:30 am	BodyJam	Catina Topash/Sara Bozdech	Fitness Room
10:45-11:30 am	Kids in Motion (4-5)	Various	Fitness Room
12:00-1:00 pm	Journey	Betsy Farris	Cycling Room
5:25-6:25 pm	Body Step	Lisa Kent	Fitness Room
5:30-6:30 pm	Journey	Shannon Deitzel	Cycling Room
6:30-7:30 pm	Kardio Kick	Cheryl Unterschutz	Fitness Room

### WEDNESDAY

5:45-6:45 am	Journey Fusion	Don Corwin	Cycling Room
8:30-9:25 am	Yoga	Melissa Menard	Fitness Room
9:30-10:30 am	KardioKick	Kristin Lassiter	Fitness Room
12:00-1:00 pm	BodyPump	Catina Topash	Fitness Room
12:00-1:00 pm	Journey	Shannon Deitzel	Cycling Room
4:20-5:20 pm	Power Yoga ●	Polly Sweitzer	Fitness Room
5:30-6:25 pm	Body Pump	Jill Baxter	Fitness Room
5:30-6:25 pm	Journey	Chuck Archer	Cycling Room
6:30-7:00 pm	Ab Lab ●	Chuck Archer	Fitness Room
7:00-8:00 pm	BodyJam ●	Kelly Becker/ Kelly Lancey	Fitness Room
6:30-7:30 pm	Journey	Meshelle Vesecky	Cycling Room

### THURSDAY

5:30-6:30 am	Strictly Strength	Cindy Brengarth	Fitness Room
8:30-9:25 am	Forever Fit	Darlene Rowe	Fitness Room
9:30-10:30 am	BodyJam	Catina Topash/Kelly	Fitness Room
10:45-11:15 am	Tot Time (2-3)	Various	Fitness Room
12:00-1:00 pm	Spin/Run ●	Betsy Farris	Cycling Room
5:25-6:25 pm	Body Step	Lisa Kent	Fitness Room
6:30-7:30 pm	Body Pump	Jill Baxter	Fitness Room

### FRIDAY

5:45-6:45 am	Journey Fusion	Don Corwin	Cycling Room
9:30-10:15 am	Express Body Step ●	Tara Dubinski	Fitness Room
10:15-11:00 am	Express Body Pump ●	Tara Dubinski	Fitness Room
12:00-1:00 pm	Body Pump	Catina Topash	Fitness Room
5:30-6:30 pm	Belly Dancing	Jennifer Carter	Fitness Room

### SATURDAY

8:00-9:00 am	Kardio Kick	Julie Artemova	Fitness Room
9:00-9:25 am	Ab lab	Julie Artemova	Fitness Room
9:00-10:00 am	Journey	Chuck Archer	Cycling Room
9:30-10:30 am	Body Step ●	Cheryl Unterschutz /	Fitness Room
10:30-11:30 am	Body Pump ●	Allie Rhodes/ Sara Bozdech	Fitness Room

### SUNDAY

12:30-1:30	Journey	Annie Dohack /Robin May	Cycling Room
12:40-1:35 pm	Body Jam ●	Kelly Lancey	Fitness Room
1:40-2:40 pm	Yoga ●	Lisa Spear	Fitness Room

● **These classes are new**

**Wilson's North Location**

203 Leslie Lane East  
Columbia, MO 65202  
573-443-4242

**Hours** Mon-Thurs 5am-10pm

Fri 5am-9pm

Sat 8am-6pm

Sun 11am-7pm

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

***Class Descriptions***

**Ab lab-** A 30 minute class designed to work your stomach, back and obliques.

**Belly Dancing-** This class is structured for all belly dance and fitness levels to get sweaty with toning exercises, dances drills and developing muscle memory and balance. Based on Suhaila Salimpour technique, each class combines an intense warm-up with stretching and body-resistance exercises, basic isolation drills, and layering movements and combinations to create a cardio workout. You do not need to show the belly, and all shapes and ages are welcome.

**BodyJam-** Lose yourself in the dance-inspired cardio workout to the latest dance styles and hottest new sounds and burn up to 800 calories in the fastest hour you've ever worked out!

**Body Pump-** The original barbell class that strengthens your entire body. This 60- minute class challenges all your major muscle groups by using squats, presses, lifts, curls, etc. **(Express= 45 minutes)**

**Body Pump + 1-** Body Pump class until the last week of the month where free style weightlifting is incorporated.

**Body Step-** This is a simple, athletic and fun workout using the step. Expect to achieve toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength. (Ask for a brochure at the front desk). **(Express = 45 minutes)**

**Forever Fit-** 30 minutes of low impact aerobics combined with 30 minutes of strength training. Designed for the beginner or those who want to be forever fit.

**Journey-** A combination of intervals and hill training for the cycling enthusiast or anyone who likes to sweat.

**Journey Fusion-** This class starts in the cycling room with your bike workout but ends in the aerobics room with 15 minutes of core work.

**Kardio Kick-** A cardiovascular workout using combinations of punches and kicks on the bag with the added benefit of increasing stamina, balance and coordination.

**Kids In Motion-** 4-5 year old children are invited to learn to use fitness for life in a non-competitive atmosphere.

**Power Yoga-** Become longer and leaner with this intense yoga workout.

**Strictly Strength-** An excellent class to tone up and achieve muscle definition without the monotony of the weight room. This class utilizes weighted bars, band and hand weights.

**Tot Time-** 2-3 year old children are invited to let loose and have fun while working their gross and fine motor skills.

**Spin/Run-** This workout is a 2 pack for your 6 pack. Start with 45 minutes of cycling class and finish with 15 minutes on the treadmill. You'll get it all in one short hour.

**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.

- Cycling classes require sign up at the front desk.
- Please bring a water bottle to all classes to stay hydrated.
- Aerobics specific shoes are recommended for cardio classes, S.P.D. cycling shoes are recommended for cycling classes and gloves are recommended for Kardio Kick.
- Schedule subject to change due to low attendance, instructor injury or instructor availability.
- Inclement weather policy. Please call ahead.
- 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.