

January 14th 2010

## Wilson's News

### Wilson's V.P. Corner

On behalf of the owners and staff of Wilson's Fitness Centers, I would like to thank you all for the overwhelming support of Wilson's Fitness and our efforts.

We are pleased to announce the addition of the District facility. Reviews to date have been overwhelming and if you haven't seen this facility it is a must visit. New experiences offered at this facility include Hot Yoga (A yoga experience in 90-92 degree climate less humidity), the absolute latest in training equipment, HIP HOP dance classes, KRANKFUSION and SHAKE THIS smoothies opening in FEB 2010 at the front desk of the District!

In addition to the District - we are pleased to announce the purchase of the property at the corner of Big Bear and Rangeline Blvd for the development of the all NEW Wilson's on Rangeline. This facility will compliment existing facilities and permit future growth and opportunities for Wilson's membership. Pending necessary permits and construction, we hope to OPEN this facility between summer & fall of 2010. Look forward to an amazing club coming soon.

Every member of Wilson's makes a contribution to the successes we as a group have the fortunate experience to create and offer. I echo sentiments from the TEAM at Wilson's that we are blessed to have the membership that we do and look forward to many exciting opportunities coming to you in 2010. To the staff that I work with! Thank you for believing and contributing to the milestones this group has accomplished thus far and taking care of our number one asset - our membership!

Your feedback is always appreciated and valued for everyBODY is important at Wilson's Fitness!

To your good health!

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

### Wilson's Food Bank Volunteers Day

*Saturday January 16th 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. Please let me know if you can be there!

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

### Parent's Night Out

*Friday January 15th 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 or some much deserved time to yourself! [Registration Information](#)

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

### Females In Training

*More classes for girls 10 and up at F.I.T.*

4:45 Tuesday and Thursday F.I.T Girls

9:30 Saturday Yoga

1:30 Sunday Hula

For more info. contact: Julie Huebert [jhuebert@wilsonsfitness.com](mailto:jhuebert@wilsonsfitness.com)



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[January Recipe](#)

Sticky fruit & nut bars

[January Fitness Tip](#)

What is core strength

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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

2900 Forum Blvd

(573) 449-2606 swim

(573) 442-KICK soccer

### Corporate Opportunities

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

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## MAC Day Camps and Snow Day Camps

*Next Date: January 18th 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](mailto:abooth@soccermac.com)

## KRANKCYCLE

*Hits Columbia, MO in February!*

Be one of the first to experience this ultimate journey in the state of Missouri. Offered exclusively at Wilson's in the District this class is a fusion between Spinning and Kranking. Kranking is an upper-body experience using speed and resistance to elevate heart rate and create caloric burn similar to Spinning yet, pedaling is done with hands on the KRANKCYCLE. Classes will be 40-minutes in length and members will be asked to bring spinning shoes, flip-flops or running shoes, a sweat towel and water. Benefits are endless for and the KRANKCYCLE is wheel chair accessible. GET KRANKING at the District!

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

## Wilson's Indoor Triathlon

*February 14th at Wilson's on Forum*

Registration closes February 7th [Event/Registration Information](#)

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

## MAC Swim Lessons

Sign up now for group lessons, private lessons, semi-private lessons or small group lessons. New for the February session: Tuesday & Thursday evenings group classes added for all levels!

Visit us: [MAC Swimming](#)

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](#)

\*Men's Open Outdoor leagues starting this April. 8v8 large goals 12 man rosters.

Registration info will be available first week of March

Contact: Adam Booth (573) 442-KICK or 449-2606 [abooth@soccermac.com](mailto:abooth@soccermac.com)

## The kids might be thinking about snow days, but we are thinking about Summer!

The MAC Summer Club and Wilson's Beach Club are getting ready for the 2010 summer season. Outdoor swim lessons, swim team, diving, Jr. lifeguard, birthday parties and lots more! Stay tuned: summer program information will be out soon.

Beach Club - Join or renew your membership for the Wilson's Beach Club before January 22nd and receive the 2010 season for 2009 rate.

MAC Summer Club - Join before February 1st for the pre-season rate.

## 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

January 28th sample the menu at  
Wilson's on Forum

**CSC**

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



