

# WILSON'S FITNESS CENTERS



## MAC CLASSES

SUMMER SCHEDULE

EFFECTIVE JUNE 4, 2018

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
5:30 - 6:30 am	Boxing/Kickboxing*	Mike Taylor	MAC Group
6:00 - 7:00 am	Board Balance*	Angela Peterson	MAC Pool
7:00 - 8:00 am	Aqua	Peggy Nigh	Deep Pool
10:00 - 11:00 am	Deep H2O	Lisa Glass	Deep Pool
12:00 - 1:00 pm ♦	Boxing/Kickboxing*	Nikki Wilson	MAC Group
8:15 - 9:15 pm	Board Balance*	Amanda Ruyles	MAC Pool
<b>TUESDAY</b>			
7:00 - 8:00 am	Aqua	Peggy Nigh	Deep Pool
9:00 - 10:00 am	Aqua Core and More	Carey Henson	Deep Pool
10:00 - 11:00 am	Board Balance*	Erica Canlas/Janette Keller	MAC Pool
12:00 - 1:00 pm ♦	Boxing/Kickboxing*	Nikki Wilson	MAC Group
6:30 - 7:30 pm	Boxing/Kickboxing*	Nikki Wilson	MAC Group
8:15 - 9:15 pm	Board Balance*	Lacey Randall	MAC Pool
<b>WEDNESDAY</b>			
5:30 - 6:30 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
6:00 - 7:00 am	Board Balance*	Laura Sobieck	MAC Pool
10:00 - 11:00 am	Aquacise	Annette Simpson	Deep Pool
6:30 - 7:30 pm	Boxing/Kickboxing*	Mike Taylor	MAC Group
<b>THURSDAY</b>			
7:00 - 8:00 am	Aqua	Peggy Nigh	Deep Pool
9:00 - 10:00 am	Aqua Core and More	Carey Henson	Deep Pool
12:00 - 1:00 pm ♦	Boxing/Kickboxing*	Nikki Wilson	MAC Group
8:15 - 9:15 pm	Board Balance*	Eric Blumberg	MAC Pool
<b>FRIDAY</b>			
5:30 - 6:30 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
10:00 - 11:00 am	Board Balance*	Janette Keller/Sang McCall	MAC Pool
10:00 - 11:00 am	Deep H2O	Lisa Glass	Deep Pool
<b>SATURDAY</b>			
9:00 - 10:00 am	Boxing/Kickboxing*	Kelli Stockton	MAC Group
9:30 - 10:30 am	Board Balance*	Amanda Oleiro	MAC Pool
10:00 - 11:00 am	Deep H2O	Jennifer Mantle	Deep Pool
<b>SUNDAY</b>			
11:00 - 12:00 pm	Board Balance*	Joy Millard/Mo Taylor	MAC Pool

♦Children in Play Center at Forum must be picked up by 1:00 pm

### THE MAC

2900 Forum Blvd.  
Columbia, MO 65203  
(573) 449-2606

**Anna Lower, Director**  
alower@wilsonsfitness.com

## CLASS DESCRIPTIONS

**Aqua:** A series of high intensity water aerobic exercises, designed to improve cardio-pulmonary fitness, increase strength, endurance, balance and flexibility, all in a 60-minute class.

**Aqua Core & More:** The pool offers the ideal environment to challenge core stability. Participants can strengthen their cores and increase flexibility while experiencing a nearly gravity-free workout. Water resistance in all directions, with and without equipment, gives a total body workout--cardio, strength, flexibility & balance—in 60 minutes.

**Aquacise:** A moderate intensity one-hour class, which uses water resistance to build strength, burn calories and increase flexibility.

**Board Balance\*:** Make a splash this summer! This class challenges the body while renewing the soul. Enjoy learning while adapting to the motion of the board. Find a continuous challenge to balance and the focus required to ground while afloat. **Not recommended during pregnancy. Please consult your physician.**

**Boxing/Kickboxing\*:**

This class begins with a 15-minute high intensity warm up, moves into 30 minutes of boxing/kickboxing along with intervals including sled work, tires, speed bag, slam balls, and rogue balls, and finishes with 15 minutes of core work. In the 45-minute classes, core work will be eliminated. Gloves are recommended.

**Deep H2O:** Challenge core stability and improve cardio fitness while experiencing a high intensity workout in a non-impact environment.

## SPECIALTY CLASSES

- \*Specialty classes are included with current Passport memberships as well as those with Class Pass. Drop-ins are welcome at the rate of \$7.50 + tax for Wilson's members and \$15.00 + tax for non-members.
- See Member Services for more details or email [memberservices@wilsonsfitness.com](mailto:memberservices@wilsonsfitness.com).
- Online enrollment is available to members at [wilsonsfitness.com/buy-now/member-self-service](http://wilsonsfitness.com/buy-now/member-self-service).
- See CLASS ENROLLMENT INFORMATION below.

## CLASS ENROLLMENT INFORMATION

- Advanced booking is encouraged and is available one week prior to class: enroll at the front desk or online.
- No refunds are given for cancellations less than two hours prior to class time.
- If you have not enrolled prior to arriving at the club, you may be placed on a waiting list until 5 minutes before class begins.
- Once you arrive at the club, please check in at the front desk and receive a wristband, which will be collected by the instructor prior to the start of class.
- All participants must have signed in 5 minutes prior to start of class to ensure their spot. This is for your safety to get acclimated to the heat as well as to open space for those on the waiting list. If you have not checked in 5 minutes prior to class, your spot will be given to the next person on the waiting list and no refunds will be given.
- For those whose membership includes unlimited free specialty classes, a cancellation fee of \$5 will be assessed to your account for any class cancelled less than 2 hours prior to class. A \$5 cancellation fee will also be assessed if you are too late to attend or don't show up for class.