

WILSON'S FITNESS CENTERS



MAC CLASSES

WINTER SCHEDULE

EFFECTIVE JANUARY 7, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
12:00 - 1:00 pm ♦	Boxing/Kickboxing*	Nikki Wilson	MAC Group
4:00 - 5:00 pm	Boxing/Kickboxing*	Jennifer Harding	MAC Group
TUESDAY			
6:00 - 7:00 pm	Boxing/Kickboxing*	Nikki Wilson	MAC Group
WEDNESDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
12:00 - 1:00 pm ♦	Boxing/Kickboxing*	Nikki Wilson	MAC Group
THURSDAY			
6:00 - 7:00 pm	Boxing/Kickboxing*	Zach Lamb	MAC Group
FRIDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
11:30 - 12:30 pm	Boxing/Kickboxing*	Ali Wood	MAC Group
SATURDAY			
9:00 - 10:00 am	Boxing/Kickboxing*	Kelli Stockton	MAC Group

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

CLASS DESCRIPTION

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. Gloves are recommended.

THE MAC

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

GinnyLee Matthews, Director
gmatthews@wilsonsfitness.com

CLASS RECOMMENDATIONS

- Please bring a water bottle to all classes to stay hydrated.
- Schedule subject to change due to low attendance, instructor injury or instructor availability.
- Inclement weather policy: Please call ahead for changes due to weather.
- Classes are set up to complement each other. Please attend multiple classes to achieve overall fitness.

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
- Online enrollment is available to members at wilsonsfitness.com/buy-now/member-self-service
- See CLASS ENROLLMENT INFORMATION below.
- For more information about MAC classes, contact GinnyLee Matthews at gmatthews@wilsonsfitness.com

CLASS ENROLLMENT

- 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. 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.