

WILSON'S FITNESS CENTERS



FORUM GROUP FITNESS CLASSES

WINTER SCHEDULE

EFFECTIVE JANUARY 7, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:30 - 6:30 am	BodyPump	Lisa Kent	Group
5:30 - 6:30 am	Flight & Flexibility*	Shelby Vines	Cycling/Mind Body
7:00 - 8:00 am	Aqua	Peggy Nigh	Pool
8:15 - 9:00 am	Forever Fit	Phyllis Koepp	Group
8:25 - 9:25 am	BodyFlow	Lisa Kent	Mind Body
9:00 - 9:45 am	RPM⊕	Betty Bohon	Cycling
9:05 - 10:00 am	Cardio Step	Fran Welek	Group
9:30 - 10:45 am	Extreme H2O	Lisa Glass	Pool
9:35 - 10:30 am	Barre Fitness*	Becky Nielsen	Mind Body
10:05 - 11:00 am	Total Body Workout (TBW)	Emily Beydler	Group
12:00 - 12:45 pm	BodyPump Express	Amy Appold	Group
4:30 - 5:25 pm	Barre Fitness* HH	Becky Nielsen	Mind Body
4:40 - 5:25 pm	BodyAttack Express	Lindsey Bitner	Group
5:30 - 6:30 pm	Total Body Workout (TBW)	Brenda Brown	Group
5:30 - 6:30 pm	Vinyasa Flow Yoga	Susan Zeng	Mind Body
5:40 - 6:25 pm	RPM⊕	Katy Lohmann	Cycling
5:45 - 6:45 pm	Aqua Blast	Jennifer Mantle	Pool
6:35 - 7:20 pm	Sh'Bam	Amanda Oleiro	Group
6:35 - 7:35 pm	Aerial Yoga*	Megan Carter	Mind Body
6:40 - 7:25 pm	Flight*	Angela Peterson	Cycling
7:25 - 8:10 pm	BodyPump Express	Patty Loehr	Group
TUESDAY			
5:30 - 6:15 am	BodyStep Express	Katie Benfatto	Group
5:30 - 6:30 am	RPM⊕	Betty Bohon	Cycling
5:30 - 6:30 am	BodyFlow	Darla Tharp	Mind Body
7:00 - 8:00 am	Aqua	Peggy Nigh	Pool
8:25 - 9:25 am	Yoga	Linda Keown	Group
8:30 - 9:15 am	Chair Yoga*	Erica Canlas	Mind Body
9:00 - 9:30 am	HIIT Flight*	Travis Ritter	Cycling
9:30 - 10:15 am	Pilates*	Erica Canlas	Mind Body
9:30 - 10:30 am	Aqua Core & More	Carey Henson	Pool
9:30 - 10:30 am	BodyCombat	Ariana Turner	Group
10:35 - 11:35 am	BodyPump	Meghan McCullah	Group
12:10 - 12:55 pm	BodyAttack Express	Emily Beydler	Group
4:25 - 5:25 pm	BodyPump	Karri Ball/Jennifer Frerking	Group
5:30 - 6:15 pm	Flight*	Tristan Billingsley	Cycling
5:30 - 6:25 pm	Studio Barre*	Mo Taylor	Mind Body
5:30 - 6:30 pm	BodyAttack	Lindsey Bitner	Group
5:45 - 6:30 pm	Aqua Zumba	Jenny Conklin	Pool
6:30 - 7:30 pm	Aerial Hammock Conditioning*	Cortney Hutson	Mind Body
6:35 - 7:05 pm	CXWorX	Tristan Billingsley	Group
7:45 - 8:45 pm	Restorative Yoga with Props*	Star Cathcart	Mind Body
WEDNESDAY			
5:30 - 6:15 am	Flight*	Sunny Hoffman	Cycling
5:30 - 6:30 am	BodyPump	Lisa Kent	Group

TIME	CLASS	INSTRUCTOR	STUDIO
WEDNESDAY continued			
5:30 - 6:30 am	Peaceful Yoga	Cindy Brengarth	Mind Body
8:25 - 8:55 am	CXWorX	Sara McGuire	Group
8:30 - 9:15 am	Pilates*	Anne Janku	Mind Body
9:00 - 9:45 am	RPM⊕	Betty Bohon	Cycling
9:00 - 10:00 am	BodyStep	Sara McGuire	Group
9:00 - 10:15 am	Aqua ICE	Barb Buchanan	Pool
10:05 - 11:00 am	Females in Training (FIT)	Becky Nielsen	Group
10:15 - 11:15 am	Aquacise	Annette Simpson	Pool
11:45 - 12:45 pm	Yoga	Erica Canlas	Group
4:40 - 5:25 pm	BodyCombat Express	Sarah Henley	Group
5:30 - 6:15 pm	Pilates*	Kelli Stockton	Mind Body
5:30 - 6:30 pm	BodyPump	Jenna Rose/Vesta Hotchkiss	Group
5:40 - 6:25 pm	RPM⊕	Brenda Heavin	Cycling
5:45 - 6:45 pm	Aqua Blast	Jennifer Mantle	Pool
6:35 - 7:20 pm	BodyJam Express	Kelly Lancey	Group
6:35 - 7:35 pm	Aerial 101*	Hairong Liu	Mind Body
7:30 - 8:30 pm	BodyStep	Amanda Ruyle	Group
THURSDAY			
5:30 - 6:30 am	BodyAttack	Darla Tharp	Group
5:30 - 6:30 am	RPM⊕	Betty Bohon	Cycling
7:00 - 8:00 am	Aqua	Peggy Nigh	Pool
8:25 - 9:25 am	Yoga	Anne Janku	Group
8:30 - 9:15 am	Chair Yoga*	Cindy Foley	Mind Body
9:00 - 9:30 am	HIIT Flight*	Travis Ritter	Cycling
9:30 - 10:30 am	Aqua Core & More	Carey Henson	Pool
9:30 - 10:30 am	BodyCombat	Emily Smith	Group
9:30 - 10:25 am	Barre Fitness*	Becky Nielsen	Mind Body
10:35 - 11:35 am	BodyPump	Amy Appold	Group
4:25 - 5:25 pm	BodyPump	Karri Ball/Jennifer Frerking	Group
5:30 - 6:25 pm	Studio Barre*	Mo Taylor	Mind Body
5:30 - 6:30 pm	BodyCombat	Morgan Swartz	Group
5:40 - 6:25 pm	RPM⊕	Larry Sabulsky	Cycling
5:45 - 6:30 pm	Aqua Zumba	Jenny Conklin	Pool
6:40 - 7:25 pm	Flight*	Brenda Heavin	Cycling
6:30 - 7:15 pm	Pilates*	Suzanne Kelley	Mind Body
6:35 - 7:20 pm	Sh'Bam	Amanda Oleiro	Group
7:25 - 7:55 pm	GRIT	Eric Blumberg	Group
FRIDAY			
5:30 - 6:30 am	RPM⊕	Betty Bohon	Cycling
5:30 - 6:30 am	BodyCombat	Lisa Kent	Group
5:30 - 6:30 am	BodyFlow	Darla Tharp	Mind Body
6:35 - 7:05 am	GRIT	Lindsey Bitner	Group
8:15 - 9:00 am	Sweat & Stretch (SS)	Kelly Lancey	Group
8:25 - 9:25 am	BodyFlow	Lisa Kent	Mind Body
9:00 - 9:45 am	RPM⊕	Travis Ritter	Cycling
9:00 - 10:15 am	Aquastretch Fit & Go	Barb Buchanan	Pool
9:05 - 10:00 am	Cardio Step	Fran Welek	Group
9:30 - 10:30 am	Mindful Movement (MM)*	Kelly Lancey	Mind Body
10:05 - 11:00 am	Total Body Workout (TBW)	Raven Birk	Group

TIME	CLASS	INSTRUCTOR	STUDIO
FRIDAY continued			
10:15 - 11:15 am	Extreme H2O	Lisa Glass	Pool
11:00 - 11:55 am	Barre Fitness*	Becky Nielsen	Mind Body
11:05 - 11:35 am	BodyCombat Express	Emily Smith	Group
11:40 - 12:10 pm	CXWorX	Emily Smith	Group
4:25 - 5:25 pm	BodyPump	Jenna Rose/Sarah Buswell	Group
5:30 - 6:15 pm	Zumba	Jenny Conklin	Group
SATURDAY			
7:30 - 8:30 am	BodyAttack	Darla Tharp/Emily Beydler	Group
8:00 - 8:45 am	RPM⊕	Travis Ritter/Katie Tillman	Cycling
8:35 - 9:25 am	Total Body Workout (TBW)	Ali Wood/Cindy Brengarth	Group
9:00 - 10:00 am	Aqua Blast	Tina Price-England	Pool
9:00 - 10:00 am	Yoga	Brooke Maher	Mind Body
9:15 - 10:00 am	Flight*	Travis Ritter/Shelby Vines	Cycling
9:30 - 10:30 am	BodyCombat	Lisa Kent	Group
10:10 - 11:10 am	Aerial Hammock Conditioning*	Haley Boyd/Cortney Hutson	Mind Body
10:35 - 11:05 am	GRIT	Eric Blumberg	Group
11:10 - 12:10 pm	BodyFlow	Lacey Randall/Laura Sobieck	Group
SUNDAY			
10:45 - 11:30 pm	Zumba	Mo Taylor	Group
11:00 - 11:45 pm	RPM⊕	Katie Tillman/Travis Ritter	Cycling
11:00 - 11:55 am	Cardio Barre*	Fran Welek	Mind Body
11:35 - 12:35 pm	BodyStep	Sara McGuire	Group
12:40 - 1:40 pm	BodyPump	Amber Blumberg	Group
2:00 - 2:45 pm	Flight*	Shelby Vines/Patty Loehr	Cycling
3:30 - 4:30 pm	Yoga	Joy Millard/Anne Janku	Group

* Specialty class

⊕ Due to limited space, this class requires signing-up at the front desk prior to class.

CLASS DESCRIPTIONS

Aerial 101*: This class is open to all levels and there are no prerequisites. It will take you through a series of poses utilizing the aerial hammock as a tool to achieve strength, length and overall health benefits. Aerial 101 is designed for success by performing the same progression and postures to allow for acclimation, muscle memory and comfort. **Not recommended during pregnancy. Please consult your physician.**

Aerial Hammock Conditioning*: This class uses the aerial hammock for strengthening the whole body and increasing mobility. This unique apparatus is perfect for students wanting to cross train and build their endurance. A full body warm up will be followed by a combination of strength and endurance exercises intended to target key muscle groups used for aerial moves, with emphasis on core and upper body. The class will conclude with mobility work to increase flexibility throughout the body followed by a brief cool down. Previous aerial experience is recommended but not required. **Not recommended during pregnancy. Please consult your physician.**

WILSON'S ON FORUM

2902 Forum Blvd.
Columbia, MO 65203
(573) 446-3232

HOURS

Mon – Fri 5:00 am -10:00 pm
Saturday 7:00 am - 8:00 pm
Sunday 10:00 am - 8:00 pm

Lisa Acton, Director

lacton@wilsonsfitness.com

Aerial Yoga*: Aerial yoga is a type of yoga utilizing a fabric hammock as a tool to help students achieve traditional yoga poses. Increase overall health and physical agility while having fun and creating beauty. No experience necessary. **Not recommended during pregnancy. Please consult your physician.**

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.

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

Aqua Blast: This intermediate to high impact class starts with a warm up to get your heart rate up, then moves through energizing aerobics to take it soaring. Working with equipment to achieve a full body workout, we'll challenge your arms, legs, and core, and have a blast of fun while exercising our way to fitness

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.

Aqua ICE: Interval Circuit Extreme. In this class you will enjoy the benefits of the water and burn more calories while conditioning your cardiovascular system, strengthening your muscles and toning the entire body.

Aqua Zumba: Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss!

Aquastretch Fit & Go: One hour of water aerobics and stretching followed by 15 minutes of additional toning and stretching exercises.

Barre Fitness*: 55 minutes of strength and toning using dance inspired positions, moves and a barre ballet for balance. This full body conditioning class will lift the heart rate and your mood with exercises set to fun music in a supportive and high-energy environment.

BodyAttack: A sports-inspired 60-minute cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. **(Express = 30 or 45 minutes)**

BodyCombat: Fiercely energetic, empowering cardio workout inspired by martial arts and drawing from an array of disciplines such as Karate, Kickboxing, Taekwondo, Thai Chi & Muay Thai. **(Express = 30 or 45 minutes)**

BodyFlow: A yoga, tai chi, Pilates workout that builds flexibility and strength, leaving you feeling centered and calm in one hour. **(Express = 45 minutes)**

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 60 minutes you've ever worked out! **(Express = 45 minutes)**

BodyPump: 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 = 30 or 45 minutes)**

BodyStep: This is a simple, athletic and fun workout using the step. Expect to achieve toning for the lower body, increased cardio and coordination, and upper and lower body conditioning for functional strength. **(Express = 30 or 45 minutes)**

Cardio Barre*: A low impact workout utilizing the ballet barre that focuses on cardio, strength and flexibility in a fun and high energy class!

Cardio Step: This is a step aerobic workout for cardiovascular endurance and conditioning. Complete your hour with muscle toning exercises incorporating the full body. Choreography styles will vary so everyone will find success.

Chair Yoga*: This is a gentle class with the *option of using a yoga chair*, incorporating range of motion exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve sense of well-being. This is a safe and slower-moving class designed for seniors and people of all

Chair Yoga* continued: ages with physical challenges or those who might be recovering from an injury. Room will be a comfortable 80 degrees to allow for greater and safer mobility.

CXWorX: This 30-minute class uses resistance tubes and weight plates as well as body weight exercises to work all of the muscles around the core. Be better at all you do with a stronger core!

Extreme H2O: Take water exercise to the next level with this challenging full hour, total body workout. This class uses the water's resistance and increases the workload with drag and buoyant equipment. Bring a water bottle because you're going to sweat!

Females in Training (FIT): This 55-minute class is a unique combination of strength training and cardio intervals, using weights to condition, tone and fatigue muscles. With the use of two high intensity cardio intervals, you'll rev your metabolism and burn calories. Take your fitness to the next level with fun music in a supportive environment.

Flight*: Stages Flight invites the indoor cyclist into a whole new world of exciting experiences, challenges and competitions. With Stages Flight, cyclists can race against themselves, each other or even the clock. Each rider has a customized intensity profile based on % max watt produced by the Stages Power Meter, the same device that Team Sky, winner of the Tour de France, trained on. You'll feel like you're truly in the zone as images displayed on a large screen create one-of-a-kind experiences.

Flight & Flexibility*: This class begins with 30-minutes of Flight, riding until your legs burn and your heart pumps. You'll then move to a 30-minute yoga practice, focusing on upper and lower body flexibility and core strengthening. This combination increases your overall body position and awareness for injury prevention and enhanced riding performance, as well as bringing the mind to a place of inner calm and balance.

Forever Fit: Low impact aerobics put to big band favorites in 45 minutes. Stay forever fit!

GRIT: High-intensity interval training (HIIT), one of the hottest fitness trends, is the fastest way to get fit. Short, sharp bursts of effort allow you to reach maximum training zones and that's the secret to athletic performance.

HIIT Flight*: Short, sharp bursts of effort allow you to maximize your training zone potential utilizing the effective Flight Cycling technology. You will be race ready in no time!

Mindful Movement (MM): Mindful Movement is a basic introduction to ancient eastern medicine, but is in no way at odds with western medicine beliefs or practices. This class combines energy medicine, Qigong and elements from yoga to provide a gentle but effective hour of healing movement. Participants will learn Donna Eden's basic routine to bolster the innate ability to fight off infection and disease while correcting imbalances within the energetic body. Qigong uses simple repetitive movements that encourage strength and flexibility while freeing up the mental focus to go "within." Yoga influences will include basic aerial fundamentals—in the silk or on a mat—and will focus on breath and poses. Participants can expect to experience emotional and physical "break-throughs" that will increase their ability to manage stress and discover greater joy in life.

Peaceful Yoga: A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Asanas are practiced at a slower pace with attention to alignment and detail. Recommended for all levels looking for a soothing, relaxing, and restorative experience.

Pilates*: This class incorporates the classic Pilates style of core, stretch, and total body strength. The instructors will use personalized modification so that all levels receive a quality workout that fits their needs and goals. Props such as weighted balls, magic circles, foam rollers, or Bosu balls may be utilized.

Restorative Yoga with Props*: This practice will involve only five or six poses, supported by props that allow you to completely relax and rest. The poses are held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends. Take a moment in your week to slow down the pace of life, soothe the nervous system, and feel nurtured. Aerial hammocks and blocks provided but feel free to bring bolsters, blankets, pillows, and any other props to add to your comfort.

RPM This indoor-cycling class is the workout riding to the rhythm of powerful music based on your rotations per minute. Hills, flats, mountain peaks, speed work and interval training are involved in this 45-minute class. **(Express = 30 minutes)**

Sh'Bam: This 45-minute dance class lets everyone become a star of their own dance-out. Hot yet simple moves that anyone can cut loose to. Join the Revolution!

Studio Barre*: A fast and effective way to change the shape of your body. The use of a ballet barre and small isometric movements along with stretching allows your body to become more lifted, toned and lengthened. **(Express = 45 minutes)**

Total Body Workout (TBW): Strength-train your entire body using bars, dumbbells & bands, & a mix of cardio intervals.

Sweat & Stretch (SS): This class offers 30 minutes of cardio followed by 15 minutes of stretching. It's a great combination that your body will love.

Vinyasa Flow: Likened to a dynamic dance, is a practice where postures or asanas are connected through the breath. Build heat, endurance, flexibility, and strength. Creative sequencing around surya namaskar (sun salutations), weaving together wisdom teachings and music inspire physical, energetic, mental, and pure bliss states of consciousness. Props are used to facilitate poses. The class is taught with modifications of higher & lower intensity.

Yoga: Provides focused practice that strengthens and tones muscles, increases bone density and establishes correct body alignment through asanas, breathing techniques, warm ups and relaxation.

Zumba: Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves.

CLASS RECOMMENDATIONS

- Please bring a water bottle to all classes to stay hydrated.
- Yoga mats are required for Yoga/Pilates/Barre classes. Aerobics specific shoes are recommended for cardio classes. S.P.D. cycling shoes are recommended for cycling classes.
- 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.
- HH = Happy Hour. Happy hour classes are \$5.00 + tax for members *and* 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 below.
- For more information about group fitness, contact Catina Topash at ctopash@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.
- Once you arrive, please check in at the front desk and receive a wristband to be collected prior to the start of class.
- All participants must sign in 5 minutes prior to start of class to ensure their spot. This is for your safety in acclimating 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 for classes cancelled less than 2 hours prior. A \$5 cancellation fee will also be assessed if you're too late to attend or don't show up for class.