

# WILSON'S FITNESS CENTERS



## RANGELINE GROUP FITNESS

WINTER SCHEDULE

EFFECTIVE JANUARY 7, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
5:30 - 6:00 am	GRIT	Phillip Chisholm	Group
8:30 - 9:10 am	BodyJam Express	Shannon Bahadori	Group
9:15 - 10:00 am	BodyAttack Express	Meghan McCullah	Group
10:05 - 10:35 am	CXWorX	Emily Smith	Group
10:55 - 11:25 am	Cardio Kidz 2-3 yr olds	Various	Group
11:25 - 11:55 am	Cardio Kidz 4-5 yr olds	Various	Group
12:00 - 12:45 pm	BodyCombat Express	Ariana Turner	Group
12:00 - 12:45 pm	Pilates*	Meghan McCullah	Mind Body
4:40 - 5:25 pm	BodyPump Express	Darla Tharp	Group
5:30 - 6:25 pm	Journey*	Chuck Archer	Cycling
5:30 - 6:30 pm	BodyStep	Kelie Morgan	Group
5:30 - 6:30 pm	Aerial Fabric Skills Level 1*	Wendy Batson	Mind Body
6:30 - 7:15 pm	RPM*	Larry Sabulsky	Cycling
6:35 - 7:35 pm	BodyJam	Kimberly Uffmann	Group
6:35 - 7:35 pm	Introduction to Aerial Fabrics*	Wendy Batson	Mind Body
<b>TUESDAY</b>			
5:30 - 6:15 am	RPM*	Debbie Newby	Cycling
5:30 - 6:30 am	BodyPump	Becky Heins	Group
7:30 - 8:25 am	Forever Fit	Phyllis Koepp	Group
9:15 - 10:00 am	Kettle Circuit	Adam Everson	Group
12:00 - 1:00 pm	BodyFlow	Ali Wood	Group
4:40 - 5:25 pm	KettleWorX	Cindy Brengarth	Group
5:30 - 6:30 pm	BodyPump	Joy Millard	Group
5:30 - 6:30 pm	Yoga	Chris Kelly-Gwartney/Anne Janku	Mind Body
6:00 - 6:55 pm	Journey*	Meshelle Stewart	Cycling
6:35 - 7:05 pm	GRIT	Zach Lamb	Group
6:45 - 7:45 pm	Aerial Fabric Skills Level 2*	Hannah Henze	Mind Body
<b>WEDNESDAY</b>			
5:30 - 6:00 am	GRIT	Lindsey Bitner	Group
9:15 - 10:15 am	BodyFlow	Ali Wood	Group
10:55 - 11:25 am	Cardio Kidz 2-3 yr olds	Various	Group
11:10 - 11:55 am	RPM*	Meghan McCullah	Cycling
11:25 - 11:55 am	Cardio Kidz 4-5 yr olds	Various	Group
12:00 - 1:00 pm	BodyPump	Meghan McCullah	Group
4:40 - 5:25 pm	BodyPump Express	Debbie Newby	Group
5:30 - 6:15 pm	Pilates*	Wendy Batson	Mind Body
5:30 - 6:25 pm	Journey*	Chuck Archer	Cycling
5:30 - 6:30 pm	BodyCombat	Jen Snawder	Group
6:25 - 7:25 pm	Aerial Fabric Skills Level 1*	Wendy Batson	Mind Body
6:30 - 7:15 pm	RPM*	Katy Lohmann	Cycling
6:35 - 7:20 pm	Zumba	Mo Taylor	Group
7:30 - 8:30 pm	Aerial Fabric Skills Level 2*	Hannah Henze	Mind Body

TIME	CLASS	INSTRUCTOR	STUDIO
<b>THURSDAY</b>			
5:30 - 6:30 am	BodyPump	Becky Heins	Group
7:30 - 8:25 am	Forever Fit	Phyllis Koepp	Group
9:15 - 10:00 am	BodyAttack Express	Allison Zimbalist/Emily Beydler	Group
12:00 - 1:00 pm	Yoga	Ali Wood	Group
4:40 - 5:25 pm	BodyCombat Express	Anah Riley	Group
5:30 - 6:30 pm	BodyPump	Joy Millard	Group
5:30 - 6:30 pm	Yoga	Anne Janku	Mind Body
6:00 - 6:55 pm	Journey☼	Meshelle Stewart	Cycling
6:35 - 7:35 pm	BodyJam	Kimberly Uffmann	Group
6:35 - 7:35 pm	Aerial Conditioning & Training*	Erin Jensen	Mind Body
<b>FRIDAY</b>			
5:30 - 6:15 am	BodyAttack Express	Debbie Newby	Group
9:15 - 10:00 am	BodyStep Express	Shannon Bahadori	Group
10:05 - 10:35 am	CXWorX	Beth VanLoo	Group
11:10 - 11:55 am	RPM☼	Meghan McCullah	Cycling
12:00 - 1:00 pm	BodyPump	Meghan McCullah	Group
5:30 - 6:00 pm	GRIT	Phillip Chisholm	Group
5:30 - 6:30 pm	Aerial Hammock Skills*	Haley Boyd	Mind Body
<b>SATURDAY</b>			
8:15 - 9:15 am	Aerial Yoga*	Susan Zeng	Mind Body
8:40 - 9:40 am	BodyStep	Shannon Bahadori	Group
9:00 - 9:55 am	Journey☼	Chuck Archer	Cycling
9:20 - 10:05 am	Cool Hot Barre*	Patty Loehr	Mind Body
9:45 - 10:45 am	BodyPump	Vesta Hotchkiss	Group
10:10 - 10:55 am	Pilates*	Patty Loehr	Mind Body
10:50 - 11:35 am	Zumba	Mo Taylor	Group
11:00 - 11:45 am	Iron Yoga*	Theron Nunnelly	Mind Body
11:50 - 12:50 pm	Aerial Hammock Skills*	Tina Price-England	Mind Body
<b>SUNDAY</b>			
12:00 - 12:30 pm	GRIT	Zach Lamb	Group
12:40 - 1:35 pm	BodyJam	Kelly Lancey	Group
1:40 - 2:40 pm	BodyFlow	Ali Wood	Group
4:45 - 5:45 pm	Aerial Fabric Skills Level 1*	Lacey Sweeten Randall	Mind Body
6:00 - 7:00 pm	Aerial 101*	Lacey Sweeten Randall	Mind Body

\* Specialty class

☼ Due to limited space, this class requires sign-up at 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.**

## WILSON'S ON RANGELINE

2601 Rangeline Rd.  
Columbia, MO 65202  
(573) 443-4242

### HOURS

Mon - Thurs 4:00 am - 11:00 pm  
Friday 4:00 am - 9:00 pm  
Saturday 7:00 am - 8:00 pm  
Sunday 10:00 am - 10:00 pm

**Dawn Stephens, Director**  
dstephens@wilsonsfitness.com

**Aerial Conditioning & Training\*:** This class uses aerial hammocks and silks for conditioning exercises and mobility stretches. It teaches tools and techniques that are essential for building strength to supplement **Aerial Fabrics Levels 1 & 2**. **Prerequisite:** *Must complete **Intro to Aerial Fabrics** and have approval to participate in this class. **Not recommended during pregnancy. Please consult your physician.***

**Aerial Fabric Skills Level 1\*:** **Introduction to Aerial Fabrics** is a prerequisite for this class, an acrobatic fitness fusion class that will lift you off the ground and get your heart pumping. This challenging art form builds unparalleled upper body and core strength, kinesthetic awareness, coordination and confidence. A dynamic warm-up leads to light stretching, skill-building including climbs, footlocks, poses, sequences, and inversions. Building off the basics learned in the intro class and working at their own pace, students will advance to more difficult moves as they become stronger. Class concludes with a yoga-inspired cool down and flexibility work. Content will be dependent on experience level of those in attendance. **Prerequisite:** *Must complete **Intro to Aerial Fabrics** to participate in this class. **Not recommended during pregnancy. Please consult your physician.***

**Aerial Fabric Skills Level 2\*:** Class content will be dependent on experience level of those in attendance and build on the skills learned in **Aerial Fabric Skills Level 1**. **Prerequisite:** *Must have instructor approval to advance. **Not recommended during pregnancy. Please consult your physician.***

**Aerial Hammock Skills\*:** This dynamic class uses the aerial hammock for conditioning exercises, flexibility stretches and skill building, including poses, sequences and inversions that students are able to combine for acrobatic fitness inspired flows. Students will work at their own pace and advance to more difficult moves as they become stronger. **Prerequisite:** *Must complete **Intro to Aerial Fabrics** and have instructor approval to participate in this class. **Not recommended during pregnancy. Please consult your physician.***

**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.**

**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 = 45 minutes)**

**BodyCombat:** This fiercely energetic, empowering cardio workout is inspired by martial arts and draws from an array of disciplines such as Karate Boxing, Taekwondo, Tai Chi and Muay Thai. **(Express = 45 minutes)**

**BodyFlow:** A yoga, tai chi, Pilates workout that builds flexibility and strength, leaving you feeling centered and calm in one hour. **(Express = 30 or 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 60-minute 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. **(Express = 30 or 45 minutes)**

**Cardio Kidz:** This 30-minute class is just for kids and makes fitness fun by keeping those little feet moving and grooving with interactive activities set to music. Two classes for two age groups focus on appropriate developmental motor skills in a supportive, social setting. Classes are for those whose children are on an active membership.

**Cool Hot Barre\*:** This barre inspired workout is one of the fastest, most effective ways to burn calories and get toned! Yes, Cool Hot Barre is centered around a ballet barre and inspired by the workout routine by ballet legend Lotte Berk, but the barre is simply there to provide stability, balance and support as you move through exercises that target the core, glutes, arms and legs. No dance experience necessary. This will be the same routine we use for Hot Barre but in a cooler room.

**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!

**Forever Fit:** 55 minutes of low impact aerobics & strength training, for all who want to be forever fit.

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

**Introduction to Aerial Fabrics\*:** You don't have to join the circus to explore aerial acrobatics. This class gives you a safe, supportive environment to learn the basics including footlocks, basic climbs, beginner poses and inversions starting low to the ground and focusing on technique and building the strength necessary for aerial arts. Students **MUST** attend at least 1 intro class and have approval from the instructor before the Aerial Fabric Skills Level 1 classes. This class is not ongoing; students should attend only 1 – 3 times before testing into Level 1. ***Not recommended during pregnancy. Please consult your physician.***

**Iron Yoga\*:** Combine tradition weight training principals with breath and body awareness in yoga postures for increased strength, weight loss and total body fitness.

**Journey:** A 60-min combo of intervals and hill training for the cycling enthusiast or anyone who likes to sweat.

**KettleWorX:** This high-energy 45-minute routine utilizes the kettlebell. Choose your weight by color of kettle bell to custom fit this dynamic workout. Focus is on total body fat burning, toning and sculpting, and core strengthening.

**Kettle Circuit:** This functional and multi-planar workout uses specific exercises to teach important principles in regard to integrating the body more efficiently. This focus creates a workout that increases efficiency, reduces the risk of injury, and improves overall wellbeing.

**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.

**RPM:** Indoor cycling workout where you ride to the rhythm of powerful music based on your rotations per minute. Hills, flats, mountain peaks, speed work and interval training are involved. **(Express = 30 minutes)**

**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.

**Yoga:** This 60-minute class provides focused practice that strengthens and tones muscles, increases bone density and establishes correct body alignment through asanas, breathing techniques, warm ups and relaxation. **(Express = 45 minutes)**

**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](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 below.
- For more information about group fitness, contact Catina Topash at [ctopash@wilsonsfitness.com](mailto: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 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 for any class cancelled less than 2 hours prior to class. A \$5 cancellation fee will also be assessed to your account if you're too late to attend or don't show up.