

# WILSON'S FITNESS CENTERS



## DISTRICT GROUP FITNESS

SPRING SCHEDULE

EFFECTIVE APRIL 1, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
11:30 - 12:15 pm	TRX★	Hairong Liu	Group/Hot
12:30 - 1:15 pm	Barre Fitness* HH	Becky Nielsen	Group/Hot
6:15 - 7:15 pm	Fusion Hot 60* HH	Katie Tillman	Group/Hot
7:30 - 8:15 pm	Pilates* HH	Erin Jensen	Group/Hot
<b>TUESDAY</b>			
7:00 - 7:45 am	Hot Pilates* HH	Elise Mosbacher	Group/Hot
12:00 - 12:45 pm	KettleWorX	Adam Everson	Group/Hot
4:00 - 5:00 pm	Fusion Hot 60* HH	Kelsey Gibson	Group/Hot
5:30 - 6:15 pm	Kettle/TRX Circuit ★	Raven Birk	Group/Hot
6:20 - 7:05 pm	PiYo	Shelby O'Keefe	Group/Hot
7:15 - 8:15 pm	Rooftop Yoga★	Amy Eultgen	Group/Hot
<b>WEDNESDAY</b>			
11:30 - 12:15 pm	Kettle/TRX Circuit ★	Hairong Liu	Group/Hot
12:30 - 1:15 pm	Pilates* HH	Jennifer Mullen	Group/Hot
6:15 - 7:30 pm	Fusion Hot 75* HH	Patty Loehr	Group/Hot
7:45 - 8:30 pm	Hot Pilates* HH	Patty Loehr	Group/Hot
<b>THURSDAY</b>			
12:00 - 12:45 pm	KettleWorX	Adam Everson	Group/Hot
4:00 - 5:00 pm	Fusion Hot 60* HH	Kelsey Gibson	Group/Hot
5:30 - 6:15 pm	KettleWorX	Robin May	Group/Hot
6:20 - 7:05 pm	PiYo	Shelby O'Keefe	Group/Hot
7:15 - 8:15 pm	Rooftop Yoga★	Amy Eultgen	Group/Hot
<b>FRIDAY</b>			
11:30 - 12:15 pm	TRX★	Adam Everson	Group/Hot
5:30 - 6:30 pm	Fusion Hot 60* HH	Evann Twitchell	Group/Hot
<b>SATURDAY</b>			
8:15 - 9:15 am	Gentle Yoga* HH	Wendy Batson	Group/Hot
9:30 - 10:30 am	Fusion Hot 60* HH	Mary Meyer	Group/Hot
<b>SUNDAY</b>			
11:30 - 12:15 pm	KettleWorX	Robin May/Cassie Kauffman	Group/Hot
12:30 - 1:15 pm	Hot Barre* HH	Robin May/Cassie Kauffman	Group/Hot
5:00 - 6:00 pm	Radiant Yoga* HH	Susan Zeng	Group/Hot

\* Specialty class

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

## CLASS DESCRIPTIONS

**Barre Fitness\*:** 45 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.

**Fusion Hot 90\*:** Begin this 90-minute class (with the option to leave at 60) is designed to work the whole body; muscles, joints, glands and internal organs. The perfect mixture of strength and flexibility training takes your functional fitness to the highest level. Dynamic health benefits will astound and empower you. A series of held postures to build strength, a flow sequence that will work your heart, and a core and flexibility section create complete harmony through your entire body. 100 plus degrees at 40-50% humidity will heat the body inside and outside to flexibility, release toxins, increase caloric burn and improve cardiovascular function for a total mind and body experience. ***Not recommended during pregnancy. Please consult your physician.***

**Fusion Hot 75\*:** This practice uses the same sequences as Fusion 90 with the exception of 1 round (rather than 2) of the standing strength postures. You will flow through the same vinyasa sequence, enjoy 25 minute of core and flexibility training and end with a savasana. ***Not recommended during pregnancy. Please consult your physician.***

**Fusion Hot 60\*:** This practice utilizes the same sequences from Fusion Hot 90 with the exception of 1 round (rather than 2) of standing strength postures and includes the fully vinyasa flow as well as 10 minutes for core, stretch and a short savasana. ***Not recommended during pregnancy. Please consult your physician.***

**Gentle Yoga\*:** Begin with full yogic breathing followed by various stretching and warm-up postures to develop flexibility and turn one's attention inward. Progress through sun salutations in a slow and methodical manner to synchronize breath with movement and create heat in the body. Join with spiral twists, shoulder stand and a final posture before going into relaxation pose with guided meditation. Appropriate for all levels of experience and practice. The room will be heated to 85 degrees with radiant heat only to create a safe and gentle environment for strength and flexibility. Class length is 60 minutes.

**Hot Barre\*:** This barre inspired workout is one of the fastest, most effective ways to burn calories and get toned! Yes, Hot Barre is centered around a ballet barre and inspired by the workout routine created 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, the only thing you need to know are these three numbers: 95 degrees, 45 minutes, 800 calories! ***Not recommended during pregnancy. Please consult your physician.***

**Hot Pilates\*:** Strengthen your core like never before with progressive abdominal movements and back exercises that also include flexibility aspects. Incorporation of props and modifications will be utilized to assist in proper form. The heat will get your muscles warm and ready to work as we strengthen and lengthen for a strong core and better posture. Get ready for the 30-minute burn at 95 degrees! ***Not recommended during pregnancy. Please consult your physician.***

**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/TRX 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.

### WILSON'S IN THE DISTRICT

111 Orr St.  
Columbia, MO 65201  
(573) 777-6700

#### HOURS

Mon – Thurs	5:00 am - 10:00 pm
Friday	5:00 am - 9:00 pm
Saturday	8:00 am - 7:00 pm
Sunday	10:00 am - 8:00 pm

#### Bob Osman, Director

bosman@wilsonsfitness.com

**PiYo:** Ideal for anyone and everyone, PiYo is the innovative yoga-influenced workout that builds strength, improves flexibility, and tones muscles. These low-impact, dynamic, flowing sequences are meant to deliver real results! Get ready to sweat, stretch and strengthen with PiYo.

**Radiant Yoga\*:** Strike a balance of breath, postures and flow in a room heated to 95-100 degrees with radiant heat to create 'tapas' (healing for your body, mind and spirit). Come to this class to cleanse your body, length and strengthen your muscles, and calm and sooth your mind. This practice may include strength postures as well as arm balances. Come strike a pose! ***Not recommended during pregnancy. Please consult your physician.***

**Rooftop Yoga 🌟:** Rooftop Yoga is a 60-minute class on a rooftop deck that is taught at a moderate intensity level with options offered to decrease and increase intensity. The rooftop sights and sounds of downtown Columbia will inspire students as they enjoy their yoga practice.

**TRX 🌟:** Learn the basics of suspension training in this 45-minute class. Utilize your own body weight for a great workout.

## 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.
- 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 [www.wilsonsfitness.com/buy-now/member-self-service](http://www.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 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 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.