

# WILSON'S FITNESS CENTERS



## FORUM HOT STUDIO CLASSES

SPRING SCHEDULE

EFFECTIVE APRIL 1, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
5:15 - 6:00 am	Hot Barre*	Cassie Kauffman	Forum Hot
9:15 - 10:15 am	Fusion Hot 60*	Janette Keller	Forum Hot
12:00 - 12:30 pm	Yoga Meditation*	N/A	Forum Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Hayes Murray	Forum Hot
5:30 - 6:15 pm	Hot Barre*	Robin May	Forum Hot
6:30 - 7:30 pm	Radiant Yoga*	Mary Meyer	Forum Hot
<b>TUESDAY</b>			
5:30 - 6:30 am	Fusion Hot 60*	Shelby Vines	Forum Hot
9:15 - 10:00 am	Hot Barre*	Catina Topash	Forum Hot
10:15 - 11:15 am	Radiant Yoga*	Catina Topash	Forum Hot
4:30 - 5:15 pm	Hot Barre* HH	Evann Twitchell	Forum Hot
5:30 - 6:45 pm	Fusion Hot 75*	Kelli Stockton	Forum Hot
7:00 - 7:45 pm	Hot Pilates*	Jennifer Mullen	Forum Hot
<b>WEDNESDAY</b>			
5:15 - 6:00 am	Hot Barre*	Karri Ball	Forum Hot
6:15 - 7:15 am	Fusion Hot 60*	Megan Carter	Forum Hot
9:15 - 10:30 am	Fusion Hot 75*	Stefanie Zimny	Forum Hot
12:00 - 1:00 pm	Trauma Sensitive Warrior Yoga**	Catina Topash	Forum Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Catina Topash	Forum Hot
5:30 - 6:15 pm	Hot Barre*	Candace Kauffman	Forum Hot
6:30 - 7:30 pm	Warm Iron Yoga*	Shelby Vines	Forum Hot
<b>THURSDAY</b>			
5:30 - 6:30 am	Fusion Hot 60*	Lisa Kent	Forum Hot
9:15 - 10:00 am	Hot Barre*	Meghan McCullah	Forum Hot
10:15 - 11:45 am	Warm Piloga*	Catina Topash	Forum Hot
4:30 - 5:15 pm	Hot Barre* HH	Evann Twitchell	Forum Hot
5:30 - 6:30 pm	Fusion Hot 60*	Megan Carter	Forum Hot
6:45 - 7:15 pm	Yoga Nidra Meditation*	N/A	Forum Hot
<b>FRIDAY</b>			
5:30 - 6:15 am	Hot Barre*	Cassie Kauffman	Forum Hot
9:15 - 10:45 am	Fusion Hot 90*	Janette Keller/Stefanie Zimny	Forum Hot
12:00 - 1:00 pm	Fusion Hot 60*	Ariana Turner	Forum Hot
4:30 - 5:30 pm	Fusion Hot 60* HH	Erica Canlas	Forum Hot
<b>SATURDAY</b>			
9:00 - 9:45 am	Hot Barre*	Meghan McCullah	Forum Hot
10:30 - 11:30 am	Fusion Hot 60*	Kelli Stockton	Forum Hot
<b>SUNDAY</b>			
11:00 - 11:45 am	Hot Pilates*	Elise Mosbacher	Forum Hot
12:00 - 1:30 pm	Fusion Hot 90*	Shelby Vines	Forum Hot
6:00 - 7:00 pm	Gentle Flow*	Patty Loehr	Forum Hot

## CLASS DESCRIPTIONS

**Fusion Hot 90\*:** This sequence of postures is designed to work the whole body; muscles, joints, glands and all internal organs. It offers the perfect mixture of strength and flexibility training to allow you to take your functional fitness to the highest level possible. The dynamic internal and external health benefits you will receive will astound and empower you. You will be guided through a series of held postures to build strength, a flow sequence that will get your heart pumping, and a core and flexibility section to create complete harmony through your entire body. The room will be heated to 100+ degrees at 40-50% humidity to heat the body inside and out, to increase flexibility, release toxins, increase calorie burn and improve cardiovascular function for a total mind and body experience. The class is 90 minutes with an option leave at the 60-minute mark. ***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 Flow\*:** A harmonious fluidity of movement and breath. We begin with centering and gentle warm up exercises and then build progressively with postures that lengthen and tone all the major muscle groups. Modifications and props are incorporated to support alignment and progression. 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 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, you just need to know 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.***

**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.***

**Trauma Sensitive Warrior Yoga\*\*:** This practice allows us to learn to free troubling emotions, persevering thought patterns, chronic somatic tension and hyper vigilance through concentrated breathing and slow-moving asanas, as well as meditation and mindfulness exercises in a safe and trusting environment. No heat will be added. All Veterans with a valid ID are invited to attend at no cost. We appreciate all who have served!

**Warm Iron Yoga\*:** Combine traditional weight training principals with breath and body awareness in yoga postures for increased strength, weight loss, and total body fitness. Room will be heated to approximately 80 degrees.

### 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](mailto:lacton@wilsonsfitness.com)

**Warm Piloga\*:** Awaken the deep core muscles with 30 minutes of Pilates, followed by 30 min of strength training with traditional yoga poses, and finish the last 30 minutes with gentle stretches to complete this trifecta. Room will be approximately 80 degrees.

**Yoga Meditation\*:** Take time on your lunch break to nourish your soul. We will offer 30 minutes of guided meditation (no teacher present) with 80 degrees of heat to renew your mind, body and spirit before heading back to work. Props to aid in comfort are welcome.

**Yoga Nidra Meditation\*:** This is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage. It is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions. This state of consciousness is different from meditation in which concentration on a single focus is required. In Yoga Nidra the practitioner remains in a state of light withdrawal of the five senses (pratyahara) with four of his or her senses internalized, that is, withdrawn, and only the hearing still connects to the instructions. The yogic goal of both paths, Yoga Nidra and meditation, are the same, a state of meditative consciousness called Samadhi. No teacher present and props to aid in comfort are welcome. Room will be approximately 80 degrees.

### CLASS RECOMMENDATIONS

- Please bring a water bottle to all classes to stay hydrated.
- Yoga mats are required for Yoga/Pilates/Barre 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 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.