

WILSON'S FITNESS CENTERS



MAC CLASSES

SUMMER SCHEDULE

EFFECTIVE JUNE 3, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
6:00 - 7:00 am	Balance Board Power*	Amber/Eric Blumberg	MAC Pool
7:00 - 8:00 am	Aqua	Peggy Nigh	Deep Pool
9:30 - 10:45 am	Deep H2O	Lisa Glass	Deep Pool
12:00 - 1:00 pm ♦	Boxing/Kickboxing*	Nikki Wilson	MAC Group
TUESDAY			
7:00 - 8:00 am	Aqua	Peggy Nigh	Deep Pool
9:00 - 10:00 am	Aqua Core & More	Carey Henson	Deep Pool
8:15 - 9:15 pm	Balance Board Power*	Amanda Ruyle	MAC Pool
WEDNESDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
6:00 - 7:00 am	Balance Board Yoga*	Angela Peterson	MAC Pool
10:00 - 11:00 am	Balance Board Power*	Ali Wood	MAC Pool
10:00 - 11:00 am	Aquacise	Annette Simpson	Deep Pool
12:00 - 1:00 pm ♦	Boxing/Kickboxing*	Nikki Wilson	MAC Group
THURSDAY			
7:00 - 8:00 am	Aqua	Peggy Nigh	Deep Pool
9:00 - 10:00 am	Aqua Core & More	Carey Henson	Deep Pool
8:15 - 9:15 pm	Balance Board Yoga*	Hannah Henze	MAC Pool
FRIDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
10:00 - 11:00 am	Balance Board Yoga*	Janette Keller	MAC Pool
10:00 - 11:00 am	Deep H2O	Lisa Glass	Deep Pool
11:30 - 12:30 pm	Boxing/Kickboxing*	Ali Wood	MAC Group
SATURDAY			
9:00 - 10:00 am	Boxing/Kickboxing*	Kelli Stockton	MAC Group
9:30 - 10:30 am	Balance Board Yoga*	Lacey Sweeten-Randall/Ali Wood	MAC Pool
10:00 - 11:00 am	Deep H2O	Jennifer Mantle/Peggy Nigh	Deep Pool

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

CLASS DESCRIPTION

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.

THE MAC

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

GinnyLee Matthews, Director
gmatthews@wilsonsfitness.com

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.

Board Balance*: Make a splash this summer! This class challenges the body while renewing the soul. Enjoy learning while adapting to the motion of the board. Find a continuous challenge to balance and the focus required to ground while afloat. Power: More strength and cardio focus. Yoga: More breath, flow, and flexibility focus. **Not recommended during pregnancy. Please consult your physician.**

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.

Deep 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!

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.

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.