

WILSON'S FITNESS CENTERS



DISTRICT GROUP FITNESS

SUMMER SCHEDULE

EFFECTIVE JUNE 3, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
11:30 - 12:15 pm	TRX ⚡	Hairong Liu	Group/Hot
12:30 - 1:15 pm	Barre Fitness* HH	Becky Nielsen	Group/Hot
TUESDAY			
12:00 - 12:45 pm	KettleWorX	Adam Everson	Group/Hot
7:15 - 8:15 pm	Rooftop Yoga ⚡	Amy Eultgen	Group/Hot
WEDNESDAY			
11:30 - 12:15 pm	Kettle/TRX Circuit ⚡	Kelie Morgan	Group/Hot
12:30 - 1:15 pm	Pilates* HH	Jennifer Mullen	Group/Hot
THURSDAY			
12:00 - 12:45 pm	KettleWorX	Adam Everson	Group/Hot
7:15 - 8:15 pm	Rooftop Yoga ⚡	Amy Eultgen	Group/Hot
FRIDAY			
11:30 - 12:15 pm	TRX ⚡	Adam Everson	Group/Hot
12:30 - 1:15 pm	Animal Flow Circuit* HH	Steven Moore	Group/Hot
SATURDAY			
SUNDAY			

* Specialty class

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

CLASS DESCRIPTIONS

Animal Flow Circuit*: Animal Flow combines ground based movement with various bodyweight-training disciplines for a fun, challenging workout with multi-planar, integrated movement. Progressive strength, power, and control will be gained as we train specific movements in stations to include Animal Flow, strength, and cardio. **Not recommended during pregnancy. Please consult your physician.**

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.

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

DISTRICT GROUP FITNESS CLASSES

SUMMER 2019

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.

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.
- Online enrollment is available to members at 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

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.