

# WILSON'S FITNESS CENTERS



## DISTRICT GROUP FITNESS

FALL SCHEDULE

EFFECTIVE SEPTEMBER 9, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
11:30 - 12:15 pm	TRX★	Hairong Liu	Group/Hot
12:30 - 1:15 pm	Animal Flow Circuit* HH	Malcolm Castilow	Group/Hot
<b>TUESDAY</b>			
12:00 - 12:45 pm	KettleWorX	Laurie Oberweather	Group/Hot
5:30 - 6:15 pm	Hot Barre* HH	Shelby O'Keefe	Group/Hot
7:15 - 8:15 pm	Rooftop Yoga★	Raven Birk	Group/Hot
<b>WEDNESDAY</b>			
11:30 - 12:15 pm	Kettle/TRX Circuit ★	Kelie Morgan	Group/Hot
12:30 - 1:15 pm	Animal Flow Circuit* HH	Malcolm Castilow	Group/Hot
5:30 - 6:30 pm	Fusion Hot 60* HH	Kelsey Gibson	Group/Hot
<b>THURSDAY</b>			
12:00 - 12:45 pm	KettleWorX	Laurie Oberweather	Group/Hot
5:30 - 6:15 pm	Kettle/TRX Circuit ★	Adam Everson	Group/Hot
7:15 - 8:15 pm	Rooftop Yoga★	Maggie Lohmeyer	Group/Hot
<b>FRIDAY</b>			
11:30 - 12:15 pm	TRX★	Adam Everson	Group/Hot
12:30 - 1:15 pm	Pilates* HH	Ghadi Hindi	Group/Hot
5:30 - 6:30 pm	Fusion Hot 60* HH	Evann Twitchell	Group/Hot
<b>SATURDAY</b>			
<b>SUNDAY</b>			
11:30 - 12:15 pm	KettleWorX	Cassie Kauffman/Robin May	Group/Hot
12:30 - 1:15 pm	Hot Barre* HH	Cassie Kauffman/Robin May	Group/Hot

\* 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.**

### 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

**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***

**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***

**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.

### 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 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.

### 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.