

WILSON'S FITNESS CENTERS



SPECIALTY CLASSES

SUMMER SCHEDULE

EFFECTIVE JUNE 3, 2019

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
5:15 - 6:00 am	Hot Barre*	Cassie Kauffman	Forum Hot
5:30 - 6:30 am	Flight & Flexibility*	Shelby Vines	Forum Cycling/Mind Body
9:15 -10:15 am	Fusion Hot 60*	Janette Keller	Forum Hot
9:35 -10:30 am	Barre Fitness*	Becky Nielsen	Forum Mind Body
10:05 -11:05 am	Cool Hot Barre*	Beth VanLoo	Rangeline Mind Body
12:00 -12:30 pm	Yoga Meditation*	N/A	Forum Hot
12:00 - 1:00 pm	Boxing/Kickboxing*	Nikki Wilson	MAC Group
12:30 - 1:15 pm	Barre Fitness* HH	Becky Nielsen	District Group/Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Hayes Murray	Forum Hot
4:30 - 5:00 pm	Animal Flow* HH	Malcolm Castilow/Meghan M	Rangeline Mind Body
4:30 - 5:25 pm	Barre Fitness* HH	Becky Nielsen	Forum Mind Body
5:30 - 6:15 pm	Hot Barre*	Robin May	Forum Hot
5:30 - 6:30 pm	Aerial Fabric Skills Level 1*	Wendy Batson	Rangeline Mind Body
6:30 - 7:30 pm	Radiant Yoga*	Shelby Vines	Forum Hot
6:35 - 7:35 pm	Introduction to Aerial Fabrics*	Wendy Batson	Rangeline Mind Body
6:35 - 7:35 pm	Aerial Yoga*	Megan Carter	Forum Mind Body
6:40 - 7:25 pm	Flight*	Angela Peterson	Forum Cycling
7:40 - 8:40 pm	Prenatal/Postpartum Yoga*	Megan Carter	Forum Mind Body
7:45 - 8:30 pm	Pilates* HH	Erin Jensen	Rangeline Mind Body
TUESDAY			
5:30 - 6:30 am	Fusion Hot 60*	Shelby Vines	Forum Hot
8:30 - 9:15 am	Chair Yoga*	Erica Canlas	Forum Mind Body
9:00 - 9:30 am	HIIT Flight*	Travis Ritter	Forum Cycling
9:15 -10:00 am	Hot Barre*	Catina Topash	Forum Hot
9:30 -10:15 am	Pilates*	Erica Canlas	Forum Mind Body
10:15 -11:15 am	Radiant Yoga*	Catina Topash	Forum Hot
12:00 - 1:00 pm	Prenatal/Postpartum Yoga*	Stefanie Zimny	Forum Mind Body
4:30 - 5:15 pm	Hot Barre* HH	Robin May	Forum Hot
5:30 - 6:15 pm	Flight*	Tristan Billingsley	Forum Cycling
5:30 - 6:25 pm	Studio Barre*	Raven Birk	Forum Mind Body
5:30 - 6:45 pm	Fusion Hot 75*	Kelsey Gibson	Forum Hot
6:30 - 7:30 pm	Aerial Yoga*	Susan Zeng	Forum Mind Body
6:45 - 7:45 pm	Aerial Fabric Skills Level 2*	Hannah Henze	Rangeline Mind Body
7:00 - 7:45 pm	Hot Pilates*	Jennifer Mullen	Forum Hot
8:15 - 9:15 pm	Balance Board Power*	Amanda Ruyle	MAC Pool
WEDNESDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
5:15 - 6:00 am	Hot Barre*	Karri Ball	Forum Hot
5:30 - 6:15 am	Flight*	Sunny Hoffman	Forum Cycling
6:00 - 7:00 am	Balance Board Yoga*	Angela Peterson	MAC Pool
8:30 - 9:30 am	Piloga 60*	Ghadi Hindi	Forum Mind Body
9:15 -10:30 am	Fusion Hot 75*	Stefanie Zimny	Forum Hot
10:00 -11:00 am	Balance Board Power*	Ali Wood	MAC Pool
12:00 - 1:00 pm	Boxing/Kickboxing*	Nikki Wilson	MAC Group
12:00 - 1:00 pm	Trauma Sensitive Warrior Yoga**	Catina Topash	Forum Hot
12:30 - 1:15 pm	Pilates* HH	Jennifer Mullen	District Group/Hot

TIME	CLASS	INSTRUCTOR	STUDIO
WEDNESDAY continued			
4:15 - 5:15 pm	Fusion Hot 60* HH	Catina Topash	Forum Hot
5:30 - 6:15 pm	Hot Barre*	Candace Kauffman	Forum Hot
6:25 - 7:25 pm	Aerial Fabric Skills Level 1*	Wendy Batson	Rangeline Mind Body
6:30 - 7:30 pm	Warm Iron Yoga*	Raven Birk	Forum Hot
6:35 - 7:35 pm	Aerial 101*	Hairong Liu	Forum Mind Body
7:30 - 8:30 pm	Aerial Fabric Skills Level 2*	Hannah Henze	Rangeline Mind Body
8:15 - 9:15 pm	Balance Board Power*	Amber/Eric Blumberg	MAC Pool
THURSDAY			
5:30 - 6:30 am	Fusion Hot 60*	Lisa Kent/Shelby Vines	Forum Hot
8:30 - 9:15 am	Chair Yoga*	Cindy Foley	Forum Mind Body
9:15 -10:00 am	Hot Barre*	Meghan McCullah	Forum Hot
9:00 - 9:30 am	HIIT Flight*	Travis Ritter	Forum Cycling
9:35 -10:30 am	Barre Fitness*	Becky Nielsen	Forum Mind Body
10:15 -11:15 am	Animal Flow & Restore*	Catina Topash	Forum Hot
4:30 - 5:15 pm	Hot Barre* HH	Shelby O'Keefe	Forum Hot
5:30 - 6:25 pm	Studio Barre*	Raven Birk	Forum Mind Body
5:30 - 6:30 pm	Fusion Hot 60*	Megan Carter	Forum Hot
6:30 - 7:15 pm	Pilates*	Suzanne Kelley	Forum Mind Body
6:35 - 7:35 pm	Aerial Conditioning & Training*	Erin Jensen	Rangeline Mind Body
6:45 - 7:45 pm	Trauma Sensitive Warrior Yoga**	Star Cathcart	Forum Hot
8:15 - 9:15 pm	Balance Board Yoga*	Hannah Henze	MAC Pool
FRIDAY			
5:00 - 6:00 am	Boxing/Kickboxing*	Nikki Wilson	MAC Group
5:30 - 6:15 am	Hot Barre*	Cassie Kauffman	Forum Hot
9:15 -10:30 am	Fusion Hot 75*	Ariana Turner/Stefanie Zimny	Forum Hot
10:00 -11:00 am	Balance Board Yoga*	Janette Keller	MAC Pool
11:00 -11:55 am	Barre Fitness*	Becky Nielsen	Forum Mind Body
11:30 -12:30 pm	Boxing/Kickboxing*	Ali Wood	MAC Group
12:30 - 1:15 pm	Animal Flow Circuit*	Malcolm Castilow	District Group/Hot
4:30 - 5:30 pm	Fusion Hot 60* HH	Erica Canlas	Forum Hot
5:30 - 6:30 pm	Aerial Hammock Skills*	Haley Boyd	Rangeline Mind Body
SATURDAY			
8:15 - 9:15 am	Gentle Yoga* HH	Wendy Batson	Rangeline Mind Body
9:15 -10:00 am	Flight*	Travis Ritter/Brenda Heavin	Forum Cycling
9:00 - 9:45 am	Hot Barre*	Meghan McCullah	Forum Hot
9:00 -10:00 am	Boxing/Kickboxing*	Leighanne Lamb	MAC Group
9:20 -10:05 am	Cool Hot Barre*	Patty Loehr	Rangeline Mind Body
9:30 -10:30 am	Balance Board Yoga*	Lacey Sweeten-Randall/Ali Wood	MAC Pool
10:10 -11:10 am	Animal Flow & Restore*	Theron Nunnelly	Rangeline Mind Body
10:30 -11:30 am	Fusion Hot 60*	Kelie Morgan	Forum Hot
11:50 -12:50 pm	Aerial Hammock Skills*	Tina Price-England	Rangeline Mind Body
SUNDAY			
11:00 -11:45 am	Hot Pilates*	Elise Eslick	Forum Hot
11:00 -11:55 am	Cardio Barre*	Fran Welek	Forum Mind Body
12:00 - 1:30 pm	Fusion Hot 90*	Shelby Vines	Forum Hot
2:00 - 2:45 pm	Flight*	Patty Loehr/Robin May	Forum Cycling
4:45 - 5:45 pm	Aerial Fabric Skills Level1*	Lacey Sweeten-Randall	Rangeline Mind Body
6:00 - 7:00 pm	Gentle Flow*	Patty Loehr	Forum Hot
6:00 - 7:00 pm	Aerial 101*	Lacey Sweeten-Randall	Rangeline Mind Body

CLASS DESCRIPTIONS

Aerial 101*: This class is open to all levels and there are no prerequisites. It will take you through a series of poses utilizing the aerial hammock as a tool to achieve strength, length and overall health benefits. Aerial 101 is designed for success by performing the same progression and postures to allow for acclimation, muscle memory and comfort. **Not recommended during pregnancy. Please consult your physician.**

Aerial Conditioning & Training*: This class uses aerial hammocks and silks for conditioning exercises and mobility stretches. It teaches tools and techniques that are essential for building strength to supplement **Aerial Fabrics Levels 1 & 2**. **Prerequisite:** *Must complete **Intro to Aerial Fabrics** and have approval to participate in this class.* **Not recommended during pregnancy. Please consult your physician.**

Aerial Fabric Skills Level 1*: **Introduction to Aerial Fabrics** is a prerequisite for this class, an acrobatic fitness fusion class that will lift you off the ground and get your heart pumping. This challenging art form builds unparalleled upper body and core strength, kinesthetic awareness, coordination and confidence. A dynamic warm-up leads to light stretching, skill-building including climbs, footlocks, poses, sequences, and inversions. Building off the basics learned in the intro class and working at their own pace, students will advance to more difficult moves as they become stronger. Class concludes with a yoga-inspired cool down and flexibility work. Content will be dependent on experience level of those in attendance. **Prerequisite:** *Must complete **Intro to Aerial Fabrics** to participate in this class.* **Not recommended during pregnancy. Please consult your physician.**

Aerial Fabric Skills Level 2*: Class content will be dependent on experience level of those in attendance and build on the skills learned in **Aerial Fabric Skills Level 1**. **Prerequisite:** *Must have instructor approval to advance.* **Not recommended during pregnancy. Please consult your physician.**

Aerial Hammock Skills*: This dynamic class uses the aerial hammock for conditioning exercises, flexibility stretches and skill building, including poses, sequences and inversions that students are able to combine for acrobatic fitness inspired flows. Students will work at their own pace and advance to more difficult moves as they become stronger. **Prerequisite:** *Must complete **Intro to Aerial Fabrics** and have instructor approval to participate in this class.* **Not recommended during pregnancy. Please consult your physician.**

Aerial Yoga*: Aerial yoga is a type of yoga utilizing a fabric hammock as a tool to help students achieve traditional yoga poses. Increase overall health and physical agility while having fun and creating beauty. No experience necessary. **Not recommended during pregnancy. Please consult your physician.**

Animal Flow*: Animal Flow combines ground based movement with various bodyweight-training disciplines for a fun, challenging workout with multi-planar, integrated movement. **Not recommended during pregnancy. Please consult your physician**

Animal Flow & Restore*: Connect breath and movement with a Vinyasa style warm-up, preparing the joints and body for Animal Flow strength and mobility training. Complete the practice with restorative poses for a complete energetic experience. **Not recommended during pregnancy. Please consult your physician**

Animal Flow Circuit*: 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*: 55 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 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

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.

Cardio Barre*: A low impact workout utilizing the ballet barre that focuses on cardio, strength and flexibility in a fun and high energy class!

Chair Yoga*: This is a gentle class with the *option of using a yoga chair*, incorporating range of motion exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve sense of well-being. This is a safe and slower-moving class designed for seniors and people of all ages with physical challenges or those who might be recovering from an injury. Room will be a comfortable 80 degrees to allow for greater and safer mobility.

Cool Hot Barre*: This barre inspired workout is one of the fastest, most effective ways to burn calories and get toned! Yes, Cool 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. This will be the same routine we use for Hot Barre but in a cooler room.

Flight*: Stages Flight invites the indoor cyclist into a whole new world of exciting experiences, challenges and competitions. With Stages Flight, cyclists can race against themselves, each other or even the clock. Each rider has a customized intensity profile based on % max watt produced by the Stages Power Meter, the same device that Team Sky, winner of the Tour de France, trained on. You'll feel like you're truly in the zone as images displayed on a large screen create one-of-a-kind experiences. Join us and take Flight!

Flight & Flexibility*: This class begins with 30-minutes of Flight, riding until your legs burn and your heart pumps. You'll then move to a 30-minute yoga practice, focusing on upper and lower body flexibility and core strengthening. This combination increases your overall body position and awareness for injury prevention and enhanced riding performance, as well as bringing the mind to a place of inner calm and balance.

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 Hot Fusion 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.

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 spinal 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. No heat added at the Rangeline location. Class length is 60 minutes.

HIIT Flight*: Short, sharp bursts of effort allow you to maximize your training zone potential utilizing the effective Flight Cycling technology. You will be race ready in no time!

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 strengthening 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.**

Introduction to Aerial Fabrics*: You don't have to join the circus to explore aerial acrobatics. This class gives you a safe, supportive environment to learn the basics including footlocks, basic climbs, beginner poses and inversions starting low to the ground and focusing on technique and building the strength necessary for aerial arts. Students **MUST** attend at least one introduction class and have approval from the instructor before the Aerial Fabric Skills Level 1 classes. This class is not ongoing; students should attend only 1 – 3 times before testing into Level 1. **Not recommended during pregnancy. Please consult your physician.**

Iron Yoga*: Combine tradition weight training principals with breath and body awareness in yoga postures for increased strength, weight loss and total body fitness.

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.

Piloga 60*: This 60-minute class is designed to leave you feeling longer, stronger, and lighter through a sequence of mat Pilates exercises and deep yoga stretches.

Prenatal/Postpartum Yoga*: Prenatal/Postpartum Yoga uses postures, breathing, and meditation to help ease pregnancy, delivery, and the after-effects of birth. The class creates strength, focus, flexibility, and awareness through a gentle practice designed especially for the pregnant woman's needs. The class also helps postpartum women regain vitality and energy that may have been lost during pregnancy with specific focus on rebuilding strength in the abdomen, back, and pelvic muscles, releasing tension in the shoulders and neck, and opening the chest. This class may use props, such as pillows and blankets, so please bring any items that will facilitate the most comfort.

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.**

Studio Barre*: A fast and effective way to change the shape of your body. The use of a ballet barre and small isometric movements along with stretching allows your body to become more lifted, toned and lengthened.

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 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.

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.

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. Aerobics specific shoes are recommended for cardio classes. S.P.D. cycling shoes are recommended for cycling 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, you may be placed on a waiting list until 5 minutes before class.
- Please check in at the front desk for a wristband to 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. 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, 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 or if you are too late to attend or don't show up for class.