

# WILSON'S FITNESS CENTERS



## FORUM HOT STUDIO CLASSES

FALL SCHEDULE

EFFECTIVE SEPTEMBER 9, 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 - 12:45 pm	Hot Barre*	Candace Kauffman	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*	Shelby Miller	Forum Hot
<b>TUESDAY</b>			
5:30 - 6:30 am	Fusion Hot 60*	Shelby Miller	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	Robin May	Forum Hot
5:30 - 6:30 pm	Fusion Hot 60*	Kelsey Gibson	Forum Hot
6:45 - 7:30 pm	Hot Pilates*	Patty Loehr	Forum Hot
<b>WEDNESDAY</b>			
5:15 - 6:00 am	Hot Barre*	Karri Ball	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/Evann Twitchell	Forum Hot
5:30 - 6:15 pm	Hot Barre*	Laurie Oberweather	Forum Hot
6:30 - 7:30 pm	Warm Iron Yoga*	Raven Birk	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 - 11:15 am	Animal Flow & Restore*	Catina Topash	Forum Hot
4:30 - 5:15 pm	Hot Barre* HH	Shelby O'Keefe	Forum Hot
5:30 - 6:45 pm	Fusion Hot 75*	Megan Carter	Forum Hot
7:00 - 8:00 pm	Trauma Sensitive Warrior Yoga**	Star Cathcart	Forum Hot
<b>FRIDAY</b>			
5:30 - 6:15 am	Hot Barre*	Cassie Kauffman	Forum Hot
9:15 - 10:45 am	Fusion Hot 90*	Stefanie Zimny/Shelby O'Keefe	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*	Kelie Morgan	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 Miller	Forum Hot
6:00 - 7:00 pm	Gentle Flow*	Patty Loehr	Forum Hot

## CLASS DESCRIPTIONS

**Animal Flow & Restore\*:** Animal Flow combines ground based movement with various bodyweight-training disciplines for a fun, challenging workout with multi-planar, integrated movement. 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.***

**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, lengthen 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

### 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

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.

### 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](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.