

# WILSON'S FITNESS CENTERS



## RANGELINE GROUP FITNESS

FALL SCHEDULE

EFFECTIVE SEPTEMBER 9, 2019

| TIME             | CLASS                           | INSTRUCTOR       | STUDIO    |
|------------------|---------------------------------|------------------|-----------|
| <b>MONDAY</b>    |                                 |                  |           |
| 5:00 - 6:00 am   | Yoga                            | Chris Kelly      | Mind Body |
| 5:30 - 6:00 am   | GRIT                            | Phillip Chisholm | Group     |
| 8:30 - 9:10 am   | BodyJam Express                 | Shannon Bahadori | Group     |
| 9:15 - 10:00 am  | BodyAttack Express              | Meghan McCullah  | Group     |
| 10:55 - 11:25 am | Cardio Kidz 2-3 yr olds         | Various          | Group     |
| 11:25 - 11:55 am | Cardio Kidz 4-5 yr olds         | Various          | Group     |
| 12:00 - 12:30 pm | TBW                             | Emily Smith      | Group     |
| 12:30 - 1:00 pm  | CXWorX                          | Emily Smith      | Group     |
| 4:05 - 4:35 pm   | Animal Flow* HH                 | Meghan McCullah  | Mind Body |
| 4:40 - 5:25 pm   | BodyPump Express                | Meghan McCullah  | Group     |
| 5:30 - 6:25 pm   | Journey*                        | Chuck Archer     | Cycling   |
| 5:30 - 6:30 pm   | BodyStep                        | Claire Schmidt   | Group     |
| 5:30 - 6:30 pm   | Aerial Fabric Skills Level 1*   | Wendy Batson     | Mind Body |
| 6:30 - 7:15 pm   | RPM*                            | Patty Loehr      | Cycling   |
| 6:35 - 7:35 pm   | BodyJam                         | Kimberly Uffmann | Group     |
| 6:35 - 7:35 pm   | Introduction to Aerial Fabrics* | Wendy Batson     | Mind Body |
| <b>TUESDAY</b>   |                                 |                  |           |
| 5:30 - 6:30 am   | BodyPump                        | Becky Heins      | Group     |
| 5:30 - 6:15 am   | RPM*                            | Debbie Newby     | Cycling   |
| 7:00 - 7:45 am   | Pilates* HH                     | Erin Jensen      | Mind Body |
| 7:30 - 8:25 am   | Forever Fit                     | Phyllis Koepf    | Group     |
| 9:15 - 10:00 am  | HIGH Fitness                    | Courtney Bylund  | Group     |
| 12:00 - 1:00 pm  | BodyFlow                        | Ali Wood         | Group     |
| 4:40 - 5:25 pm   | KettleWorX                      | Cindy Brengarth  | Group     |
| 5:30 - 6:30 pm   | BodyPump                        | Joy Millard      | Group     |
| 5:30 - 6:30 pm   | Yoga                            | Anne Janku       | Mind Body |
| 6:00 - 6:55 pm   | Journey*                        | Meshelle Stewart | Cycling   |
| 6:35 - 7:05 pm   | GRIT                            | Zach Lamb        | Group     |
| 6:45 - 7:45 pm   | Aerial Fabric Skills Level 2*   | Hannah Henze     | Mind Body |
| <b>WEDNESDAY</b> |                                 |                  |           |
| 5:30 - 6:00 am   | GRIT                            | Phillip Chisholm | Group     |
| 9:15 - 10:00 am  | African Dance                   | Candace Kauffman | Group     |
| 10:05 - 10:50 am | Cool Hot Barre* HH              | Beth VanLoo      | Mind Body |
| 10:55 - 11:25 am | Cardio Kidz 2-3 yr olds         | Various          | Group     |
| 11:10 - 11:55 am | RPM*                            | Meghan McCullah  | Cycling   |
| 11:25 - 11:55 am | Cardio Kidz 4-5 yr olds         | Various          | Group     |
| 12:00 - 1:00 pm  | BodyPump                        | Meghan McCullah  | Group     |
| 4:40 - 5:25 pm   | BodyPump Express                | Debbie Newby     | Group     |
| 5:30 - 6:15 pm   | Pilates*                        | Tina England     | Mind Body |
| 5:30 - 6:25 pm   | Journey*                        | Chuck Archer     | Cycling   |
| 5:30 - 6:30 pm   | BodyCombat                      | Mike Griffith    | Group     |
| 6:25 - 7:25 pm   | Aerial Fabric Skills Level 1*   | Wendy Batson     | Mind Body |
| 6:30 - 7:15 pm   | RPM*                            | Katy Lohmann     | Cycling   |
| 7:30 - 8:30 pm   | Aerial Fabric Skills Level 2*   | Hannah Henze     | Mind Body |

**THURSDAY**

|                 |                                 |                  |           |
|-----------------|---------------------------------|------------------|-----------|
| 5:30 - 6:30 am  | BodyPump                        | Becky Heins      | Group     |
| 7:30 - 8:25 am  | Forever Fit                     | Phyllis Koepp    | Group     |
| 9:15 - 10:00 am | Kettle Circuit                  | Cassie Kauffman  | Group     |
| 12:00 - 1:00 pm | Yoga                            | Ali Wood         | Group     |
| 5:30 - 6:30 pm  | BodyPump                        | Joy Millard      | Group     |
| 5:30 - 6:30 pm  | Yoga                            | Cortney Hutson   | Mind Body |
| 6:00 - 6:55 pm  | Journey*                        | Meshelle Stewart | Cycling   |
| 6:35 - 7:35 pm  | BodyJam                         | Kimberly Uffmann | Group     |
| 6:35 - 7:35 pm  | Aerial Conditioning & Training* | Erin Jensen      | Mind Body |

**FRIDAY**

|                  |                        |                  |           |
|------------------|------------------------|------------------|-----------|
| 5:30 - 6:15 am   | BodyAttack Express     | Debbie Newby     | Group     |
| 9:15 - 10:00 am  | BodyStep Express       | Shannon Bahadori | Group     |
| 10:05 - 10:35 am | CXWorX                 | Beth VanLoo      | Group     |
| 11:10 - 11:55 am | RPM*                   | Meghan McCullah  | Cycling   |
| 12:00 - 1:00 pm  | BodyPump               | Meghan McCullah  | Group     |
| 5:30 - 6:00 pm   | GRIT                   | Phillip Chisholm | Group     |
| 5:30 - 6:30 pm   | Aerial Hammock Skills* | Haley Boyd       | Mind Body |
| 6:15 - 7:00 pm   | BodyStep Express       | Patty Loehr      | Group     |

**SATURDAY**

|                  |                        |                  |           |
|------------------|------------------------|------------------|-----------|
| 8:15 - 9:15 am   | Gentle Yoga*HH         | Wendy Batson     | Mind Body |
| 8:40 - 9:40 am   | BodyStep               | Shannon Bahadori | Group     |
| 9:00 - 9:55 am   | Journey*               | Chuck Archer     | Cycling   |
| 9:20 - 10:05 am  | Cool Hot Barre*        | Patty Loehr      | Mind Body |
| 9:45 - 10:45 am  | BodyPump               | Vesta Hotchkiss  | Group     |
| 10:10 - 11:10 am | Animal Flow & Restore* | Theron Nunnelly  | Mind Body |
| 11:20 - 12:20 pm | Aerial Hammock Skills* | Tina England     | Mind Body |

**SUNDAY**

|                  |                               |                       |           |
|------------------|-------------------------------|-----------------------|-----------|
| 12:00 - 12:30 pm | GRIT                          | Zach Lamb             | Group     |
| 12:40 - 1:35 pm  | BodyJam                       | Kelly Lancey          | Group     |
| 1:40 - 2:40 pm   | BodyFlow                      | Ali Wood              | Group     |
| 4:45 - 5:45 pm   | Aerial Fabric Skills Level 1* | Lacey Sweeten-Randall | Mind Body |
| 6:00 - 7:00 pm   | Aerial 101*                   | Lacey Sweeten-Randall | Mind Body |

\* Specialty class

\* Due to limited space, this class requires sign-up at front desk prior to class.

**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.**

**WILSON'S ON RANGELINE**  
 2601 Rangeline Rd.  
 Columbia, MO 65202  
 (573) 443-4242

**HOURS**  
 Mon - Thurs 4:00 am - 11:00 pm  
 Friday 4:00 am - 9:00 pm  
 Saturday 7:00 am - 8:00 pm  
 Sunday 10:00 am - 10:00 pm

**Dawn Stephens, Director**  
 dstephens@wilsonsfitness.com

**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.**

**African Dance:** Come experience an amazing workout through the joyous celebration of African Dance. Enjoy a great cardio workout through the dance movements of West Africa.

**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**

**BodyAttack:** A sports-inspired 60-minute cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. **(Express = 45 minutes)**

**BodyCombat:** This fiercely energetic, empowering cardio workout is inspired by martial arts and draws from an array of disciplines such as Karate Boxing, Taekwondo, Tai Chi and Muay Thai. **(Express = 45 minutes)**

**BodyFlow:** A yoga, tai chi, Pilates workout that builds flexibility and strength, leaving you feeling centered and calm in one hour. **(Express = 30 or 45 minutes)**

**BodyJam:** Lose yourself in the dance-inspired cardio workout to the latest dance styles and hottest new sounds and burn up to 800 calories in the fastest 60 minutes you've ever worked out! **(Express = 45 minutes)**

**BodyPump:** The original barbell class that strengthens your entire body. This 60-minute class challenges all your major muscle groups by using squats, presses, lifts, curls, etc. **(Express = 30 or 45 minutes)**

**BodyStep:** This is a simple, athletic and fun 60-minute workout using the step. Expect to achieve toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength. **(Express = 30 or 45 minutes)**

**Cardio Kidz:** This 30-minute class is just for kids and makes fitness fun by keeping those little feet moving and grooving with interactive activities set to music. Two classes for two age groups focus on appropriate developmental motor skills in a supportive, social setting. Classes are for those whose children are on an active membership.

**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.

**CXWorX:** This 30-minute class uses resistance tubes and weight plates as well as body weight exercises to work all of the muscles around the core. Be better at all you do with a stronger core!

**Forever Fit:** 55 minutes of low impact aerobics & strength training, for all who want to be forever fit.

**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

**GRIT:** High-intensity interval training (HIIT), one of the hottest fitness trends on the planet, is the fastest way to get fit and in shape. Short, sharp bursts of effort allow you to reach maximum training zones and that's the secret to athletic performance.

**HIGH Fitness:** HIGH transforms old-school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e., HIIT, plyometrics, etc.) with music you know and love... resulting in a high-energy, intense, crazy fun workout that leaves you feeling HIGH and wanting more!

**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 1 intro 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.**

**Journey🚴:** A 60-min combo of intervals and hill training for the cycling enthusiast or anyone who likes to sweat.

**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 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.

**RPM🚴:** Indoor cycling workout where you ride to the rhythm of powerful music based on your rotations per minute. Hills, flats, mountain peaks, speed work and interval training are involved. **(Express = 30 minutes)**

**Total Body Workout (TBW):** Strength-train your entire body using bars, dumbbells & bands, & a mix of cardio intervals.

**Yoga:** This 60-minute class provides focused practice that strengthens and tones muscles, increases bone density and establishes correct body alignment through asanas, breathing techniques, warm ups and relaxation. **(Express = 45 minutes)**

**CLASS RECOMMENDATIONS**

- Please bring a water bottle to all classes to stay hydrated.
- Yoga mats are required for Yoga/Pilates/Barre 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.