

WILSON'S FITNESS CENTERS



DISTRICT GROUP FITNESS

FALL SCHEDULE

EFFECTIVE SEPTEMBER 14, 2020

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
6:30 - 7:30 pm	Radiant Yoga* HH	Rachel Haggard	Group/Hot
TUESDAY			
5:30 - 6:15 pm	Kettle/TRX Circuit ⚡	Raven Birk	Group/Hot
WEDNESDAY			
12:00 - 12:45 pm	KettleWorX	Laurie Oberweather	Group/Hot
6:30 - 7:30 pm	Fusion Hot 60* HH	Patty Loehr	Group/Hot
THURSDAY			
5:30 - 6:15 pm	Hot Barre* HH	Shelby O'Keefe	Group/Hot
FRIDAY			
12:00 - 12:45 pm	Kettle/TRX Circuit ⚡	Adam Everson	Group/Hot
SATURDAY			
SUNDAY			
1:00 - 1:45 pm	KettleWorX	Cassie Kauffman	Group/Hot

* Specialty class

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

CLASS DESCRIPTIONS

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 minutes of core and flexibility training and end with a savasana. **Not recommended during pregnancy. Please consult your physician.**

Revision Date: 09/30/20

WILSON'S IN THE DISTRICT

111 Orr St.
Columbia, MO 65201
(573) 777-6700

HOURS

Mon - Thurs 6:00 am - 8:00 pm
Friday 6:00 am - 6:00 pm
Saturday 8:00 am - 4:00 pm
Sunday 10:00 am - 6:00 pm

Katie Tanzey, Director
ktanzey@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 kettlebell to custom fit this dynamic workout. Focus is on total body fat burning, toning and sculpting, and core strengthening.

KettleTRX 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.

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 soothe 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.***

For more information about group fitness, please 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 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.

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 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 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.