

WILSON'S FITNESS CENTERS



SPECIALTY GROUP FITNESS CLASSES

FALL SCHEDULE

EFFECTIVE SEPTEMBER 14, 2020

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:30 - 6:15 am	Hot Barre*	Meghan McCullah	Forum Hot
9:00 - 9:55 am	Barre Fitness*	Becky Nielsen	Forum Mind Body
9:15 - 10:15 am	Fusion Hot 60*	Lisa Geger	Forum Hot
12:00 - 1:00 pm	Trauma Sensitive Warrior Yoga**	Meghan McCullah	Forum Hot
12:00 - 1:00 pm	Kickboxing*	Ashleigh Stundebeck	MAC Group
4:15 - 5:15 pm	Fusion Hot 60* HH	Kelsey Gibson	Forum Hot
5:45 - 6:30 pm	Hot Barre*	Laurie Oberweather	Forum Hot
6:30 - 7:30 pm	Rooftop Yoga* HH	Rachel Haggard	District Group/Hot
6:45 - 7:45 pm	Radiant Yoga*	Shelby Miller	Forum Hot
TUESDAY			
5:30 - 6:30 am	Fusion Hot 60*	Shelby Miller	Forum Hot
5:30 - 6:30 am	Kickboxing*	Michael Remy	MAC Group
9:15 - 10:00 am	Hot Barre*	Catina Topash	Forum Hot
10:15 - 11:15 am	Radiant Yoga*	Catina Topash	Forum Hot
5:30 - 6:30 pm	Fusion Hot 60*	Shelby O'Keefe	Forum Hot
7:00 - 8:00 pm	Trauma Sensitive Warrior Yoga**	Hannah Henze	Forum Hot
WEDNESDAY			
5:30 - 6:15 am	Hot Barre*	Karri Ball	Forum Hot
9:00 - 9:55 am	Barre Fitness*	Becky Nielsen	Forum Hot
10:15 - 11:30 am	Fusion Hot 75*	Catina Topash	Forum Hot
12:00 - 1:00 pm	Stress Free Yoga*	Catina Topash	Forum Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Megan Carter	Forum Hot
5:45 - 6:45 pm	Studio Barre*	Raven Birk	Forum Mind Body
6:30 - 7:30 pm	Fusion Hot 60* HH	Patty Loehr	District Rooftop
THURSDAY			
5:30 - 6:30 am	Fusion Hot 60*	Meghan McCullah	Forum Hot
9:00 - 9:45 am	Chair Yoga*	Meghan McCullah	Forum Mind Body
9:15 - 10:00 am	Hot Barre*	Catina Topash	Forum Hot
10:15 - 11:15 am	Yin Yoga*	Catina Topash	Forum Hot
5:30 - 6:15 pm	Hot Barre* HH	Shelby O'Keefe	District Group/Hot
5:30 - 6:45 pm	Fusion Hot 75*	Megan Carter	Forum Hot
FRIDAY			
4:30 - 5:30 pm	Fusion Hot 60* HH	Erica Canlas	Forum Hot
SATURDAY			
9:00 - 9:45 am	Flight*	Travis Ritter	Forum Cycling
9:15 - 10:00 am	Hot Barre*	Emily Beydler	Forum Hot
10:30 - 11:30 am	Fusion Hot 60*	Evann Twitchell	Forum Hot
SUNDAY			
11:00 - 11:55 am	Cardio Barre*	Fran Welek	Forum Hot
12:15 - 1:30 pm	Fusion Hot 75*	Shelby Miller	Forum Hot

* Specialty class

★ Due to limited space, this class requires signing-up at the front desk prior to class

Revision Date: 09/09/20

CLASS DESCRIPTIONS

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. No heat will be added.

Cardio Barre*: A low impact workout utilizing the ballet barre that focuses on cardio, strength and flexibility in a fun and high energy class! No heat will be added.

Chair Yoga*: This is a gentle class with the *option of using a 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.

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.

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.***

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.***

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.

Stress Free Yoga*: This therapeutic, slow yoga flow will reset our nervous systems and create gentle movements to include pranayama (breath practice) and affirmations to bring us to a place of health and happiness. ***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, 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.**

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.

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. **(Express = 45 minutes)**

Trauma Sensitive Warrior Yoga:** This is a specialized yoga class for all who have experienced any kind of trauma, but all are welcome. This practice allows us to learn how 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. Free of charge to those with a military ID.

Yin Yoga*: Yin yoga is a slow-paced style of yoga that uses specific asanas (postures) that are held for longer periods of time, typically from 1 minute to five minutes or more, depending on the posture. These postures access deeper layers of the fascia, promoting essential balance in our mental and physical bodies.

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.

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 for classes cancelled less than 2 hours prior. A \$5 cancellation fee will also be assessed if you're 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