

WILSON'S FITNESS CENTERS



FORUM GROUP FITNESS CLASSES

FALL SCHEDULE

EFFECTIVE SEPTEMBER 14, 2020

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:30 - 6:30 am	BodyPump	Darla Tharp	Group
5:30 - 6:15 am	Hot Barre*	Meghan McCullah	Hot
9:00 - 9:45 am	RPM⊕	Meghan McCullah	Cycling
9:00 - 9:55 am	Barre Fitness*	Becky Nielsen	Mind Body
9:05 - 10:00 am	Cardio Step	Fran Welek	Group
9:15 - 10:15 am	Fusion Hot 60*	Lisa Geger	Hot
10:00 - 11:00 am	Extreme H2O	Lisa Glass	Indoor Pool
12:00 - 1:00 pm	Warrior Yoga**	Meghan McCullah	Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Kelsey Gibson	Hot
5:30 - 6:30 pm	Total Body Workout (TBW)	Brenda Brown	Group
5:40 - 6:25 pm	RPM⊕	Katy Lohmann	Cycling
5:45 - 6:30 pm	Hot Barre*	Laurie Oberweather	Hot
6:45 - 7:45 pm	Radiant Yoga*	Shelby Miller	Hot
TUESDAY			
5:30 - 6:30 am	Fusion Hot 60*	Shelby Miller	Hot
8:25 - 9:25 am	Yoga	Linda Keown	Group
9:15 - 10:00 am	Hot Barre*	Catina Topash	Hot
9:30 - 10:30 am	Aqua Core & More	Carey Henson	Indoor Pool
10:15 - 11:15 am	Radiant Yoga*	Catina Topash	Hot
12:00 - 12:45 pm	BodyPump Express	Lauren Dennings	Group
5:30 - 6:15 pm	HIGH Fitness	Heather Propst	Group
5:30 - 6:30 pm	Fusion Hot 60*	Shelby O'Keefe	Hot
7:00 - 8:00 pm	Warrior Yoga**	Hannah Henze	Hot
WEDNESDAY			
5:30 - 6:15 am	RPM⊕	Patty Loehr	Cycling
5:30 - 6:15 am	Hot Barre*	Megan Carter	Hot
7:45 - 8:30 am	Forever Fit	Phyllis Koepp	Group
9:00 - 9:45 am	BodyStep Express	Sara McGuire	Group
9:00 - 9:55 am	Barre Fitness*	Becky Nielsen	Hot
9:00 - 10:15 am	Aqua ICE	Barb Buchanan	Indoor Pool
10:15 - 11:15 am	Aquacise	Annette Simpson	Indoor Pool
10:15 - 11:30 am	Fusion Hot 75*	Catina Topash	Hot
12:00 - 1:00 pm	Stress Free Yoga*	Catina Topash	Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Megan Carter	Hot
5:30 - 6:30 pm	BodyPump	Vesta Hotchkiss/Jenna Rose	Group
5:45 - 6:45 pm	Studio Barre*	Raven Birk	Mind Body
THURSDAY			
5:30 - 6:30 am	Fusion Hot 60*	Meghan McCullah	Hot
5:30 - 6:15 am	BodyAttack Express	Darla Tharp	Group
8:25 - 9:25 am	Yoga	Joy Millard/Anne Janku	Group
9:00 - 9:45 am	Chair Yoga*	Meghan McCullah	Mind Body
9:15 - 10:00 am	Hot Barre*	Catina Topash	Hot
9:30 - 10:30 am	Aqua Core & More	Carey Henson	Indoor Pool

TIME	CLASS	INSTRUCTOR	STUDIO
THURSDAY (continued)			
9:55 - 10:40 am	BodyAttack Express	Allison Zimbalist	Group
10:15 - 11:15 am	Yin Yoga*	Catina Topash	Hot
5:30 - 6:45 pm	Fusion Hot 75*	Megan Carter	Hot
5:40 - 6:25 pm	RPM*	Brenda Heavin	Cycling
6:00 - 6:30 pm	GRIT	Eric Blumberg	Group
FRIDAY			
5:30 - 6:15 am	RPM*	Brenda Heavin	Cycling
9:05 - 10:00 am	Cardio Step	Fran Welek	Group
10:00 - 11:00 am	Extreme H2O	Lisa Glass	Indoor Pool
10:15 - 11:15 am	Total Body Workout (TBW)	Emily Beydler	Group
4:30 - 5:30 pm	Fusion Hot 60* HH	Erica Canlas	Hot
4:30 - 5:00 pm	GRIT Strength	Travis Ritter	Group
SATURDAY			
7:45 - 8:45 am	Yoga (unheated)	Chris Kelly	Hot
8:25 - 9:25 am	Total Body Workout (TBW)	Cindy Brengarth/Jen Anderson	Group
9:00 - 9:45 am	Flight*	Travis Ritter	Cycling
9:15 - 10:00 am	Hot Barre*	Emily Beydler	Hot
9:45 - 10:30 am	BodyCombat Express	Anah Riley	Group
10:30 - 11:30 am	Fusion Hot 60*	Evann Twitchell	Hot
10:45 - 11:15 am	GRIT	Eric Blumberg	Group
SUNDAY			
11:00 - 11:45 am	RPM*	Travis Ritter	Cycling
11:00 - 11:55 am	Cardio Barre*	Fran Welek	Mind Body
11:15 - 12:00 pm	BodyStep Express	Shannon Bahadori	Group
12:15 - 1:30 pm	Fusion Hot 75*	Shelby Miller	Hot
12:40 - 1:40 pm	BodyPump	Amber Blumberg	Group
3:30 - 4:30 pm	Yoga	Anne Janku/Joy Millard	Group

* Specialty class

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

CLASS DESCRIPTIONS

Aquacise: A moderate intensity one-hour class, which uses water resistance to build strength, burn calories, and increase flexibility.

Aqua Core & More: The pool offers the ideal environment to challenge core stability. Participants can strengthen their cores and increase flexibility while experiencing a nearly gravity-free workout. Water resistance in all directions, with and without equipment, gives a total body workout—cardio, strength, flexibility, and balance—in 60 minutes.

Aqua ICE: Interval Circuit Extreme. In this class you will enjoy the benefits of the water and burn more calories while conditioning your cardiovascular system, strengthening your muscles and toning the entire body.

Barre Fitness*: 55 minutes of strength and toning using dance inspired

WILSON'S ON FORUM

2902 Forum Blvd.
Columbia, MO 65203
(573) 446-3232

HOURS

Mon – Th 5:00 am - 10:00 pm
Friday 5:00 am - 9:00 pm
Saturday 7:00 am - 8:00 pm
Sunday 10:00 am - 8:00 pm

Lisa Acton, Director

lacton@wilsonsfitness.com

positions, moves and a ballet barre 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.

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 = 30 or 45 minutes)**

BodyCombat: Fiercely energetic, empowering cardio workout inspired by martial arts and drawing from an array of disciplines such as Karate, Kickboxing, Taekwondo, Thai Chi & Muay Thai. **(Express = 30 or 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 workout using the step. Expect to achieve toning for the lower body, increased cardio and coordination, and upper and lower body conditioning for functional strength. **(Express = 30 or 45 minutes)**

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.

Cardio Step: This is a step aerobic workout for cardiovascular endurance and conditioning. Complete your hour with muscle toning exercises incorporating the full body. Choreography styles will vary so everyone will find success.

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.

Extreme H2O: Take water exercise to the next level with this challenging full hour, total body workout. This class uses the water's resistance and increases the workload with drag and buoyant equipment. Bring a water bottle because you're going to sweat!

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.

Forever Fit: Low impact aerobics put to big band favorites in 45 minutes. Stay forever fit!

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.***

GRIT: High-intensity interval training (HIIT), one of the hottest fitness trends, is the fastest way to get fit. Short, sharp bursts of effort allow you to reach maximum training zones and that's the secret to athletic performance in this 30-minute class. **ATHLETIC:** multi-dimensional sports conditioning, using bodyweight exercises and sometimes a step. **CARDIO:** improves cardiovascular fitness, increases speed, and maximizes calorie burn. **STRENGTH:** designed to improve strength, cardiovascular fitness, and build lean muscle, using barbell weight plate, and bodyweight exercises.

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!

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.***

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.***

RPM🚲: This indoor-cycling class is the workout riding to the rhythm of powerful music based on your rotations per minute. Hills, flats, mountain peaks, speed work and interval training are involved in this 45-minute class. **(Express = 30 minutes)**

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. No heat will be added.

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)**

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

Warrior Yoga:** This specialized, trauma-sensitive yoga class is ideal for all who have experienced any kind of trauma or high stress, but all are welcome. This gentle, empowering 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.

Yoga: Provides focused practice that strengthens and tones muscles, increases bone density and establishes correct body alignment through asanas, breathing techniques, warm ups and relaxation.

For more information about group fitness, please 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.

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