

WILSON'S FITNESS CENTERS



RANGELINE GROUP FITNESS

FALL SCHEDULE

EFFECTIVE SEPTEMBER 14, 2020

| TIME | CLASS | INSTRUCTOR | STUDIO |
|------------------|--------------------|----------------------------|-----------|
| MONDAY | | | |
| 5:30 - 6:00 am | GRIT Athletic | Akaysha Diekmann | Group |
| 9:15 - 10:00 am | BodyJam Express | Shannon Bahadori | Group |
| 12:00 - 1:00 pm | TBW | Emily Beydler | Group |
| 4:15 - 5:00 pm | BodyPump Express | Meghan McCullah/Jenna Rose | Group |
| 5:30 - 6:25 pm | Journey🌀 | Chuck Archer | Cycling |
| 5:30 - 6:15 pm | BodyStep Express | Claire Schmidt | Group |
| 5:45 - 6:45 pm | Yoga | Chris Kelly | Mind Body |
| TUESDAY | | | |
| 5:30 - 6:15 am | BodyPump Express | Becky Heins | Group |
| 9:15 - 10:00 am | BodyAttack Express | Cassie Kauffman | Group |
| 12:00 - 1:00 pm | Yoga | Susan Zeng | Group |
| 5:20 - 6:20 pm | BodyPump | Joy Millard | Group |
| 5:30 - 6:30 pm | Yoga | Anne Janku | Mind Body |
| 6:35 - 7:05 pm | GRIT Strength | Zach Lamb | Group |
| WEDNESDAY | | | |
| 5:30 - 6:00 am | GRIT Cardio | Akaysha Diekmann | Group |
| 12:00 - 1:00 pm | BodyPump | Meghan McCullah | Group |
| 5:30 - 6:25 pm | Journey🌀 | Chuck Archer | Cycling |
| 5:30 - 6:15 pm | BodyCombat Express | Jen Anderson | Group |
| 6:30 - 7:15 pm | BodyJam Express | Kimberly Uffmann | Group |
| THURSDAY | | | |
| 5:30 - 6:15 am | RPM🌀 | Debbie Newby | Cycling |
| 12:00 - 1:00 pm | BodyFlow | Meghan McCullah | Group |
| 5:30 - 6:30 pm | BodyPump | Lauren Dennings | Group |
| 5:30 - 6:30 pm | Yoga | Chrissie Hall | Mind Body |
| FRIDAY | | | |
| 5:30 - 6:15 am | BodyAttack Express | Debbie Newby | Group |
| 9:15 - 10:00 am | BodyStep Express | Shannon Bahadori | Group |
| 11:00 - 11:45 am | RPM🌀 | Meghan McCullah | Cycling |
| 12:00 - 1:00 pm | BodyPump | Meghan McCullah | Group |
| SATURDAY | | | |
| 8:15 - 9:15 am | Gentle Yoga | Susan Zeng | Mind Body |
| 8:40 - 9:25 am | BodyStep Express | Claire Schmidt | Group |
| 9:45 - 10:30 am | BodyPump Express | Vesta Hotchkiss | Group |
| SUNDAY | | | |
| 12:00 - 12:30 pm | GRIT | Zach Lamb | Group |
| 12:45 - 1:30 pm | BodyJam Express | Kimberly Uffmann | Group |
| 1:45 - 2:45 pm | BodyFlow | Lacey Sweeten-Randall | Group |

* *Specialty class*

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

CLASS DESCRIPTIONS

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 = 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)**

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. 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 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.

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

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)**

TBW (Total Body Workout): 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)**

For more information about group fitness, please contact Catina Topash at ctopash@wilsonsfitness.com

WILSON'S ON RANGELINE

2601 Rangeline Rd.
Columbia, MO 65202
(573) 443-4242

HOURS

| | |
|-------------|--------------------|
| Mon - Thurs | 4:00 am - 10:00 pm |
| Friday | 4:00 am - 9:00 pm |
| Saturday | 7:00 am - 8:00 pm |
| Sunday | 10:00 am - 9:00 pm |

Dawn Stephens, Director

dstephens@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.