

# WILSON'S FITNESS CENTERS



## RANGELINE GROUP FITNESS

SPRING SCHEDULE

EFFECTIVE APRIL 5, 2021

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
5:30 - 6:00 am	GRIT Athletic	Akaysha Diekmann	Group
9:15 - 10:00 am	BodyJam Express	Shannon Bahadori	Group
12:00 - 12:45 pm	Les Mills Core	Emily Smith	Group
4:30 - 5:15 pm	BodyPump Express	Claire Schmidt	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
6:30 - 7:15 pm	KettleWorX	Raven Birk	Group
<b>TUESDAY</b>			
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
5:30 - 6:30 pm	BodyPump	Joy Millard	Group
5:30 - 6:30 pm	Yoga	Anne Janku	Mind Body
6:40 - 7:10 pm	GRIT Strength	Zach Lamb	Group
7:00 - 8:00 pm	Aerial Hammock*	Megan Carter	Mind Body
<b>WEDNESDAY</b>			
5:30 - 6:00 am	GRIT Cardio	Akaysha Diekmann	Group
12:00 - 1:00 pm	BodyPump	Meghan McCullah	Group
4:30 - 5:15 pm	KettleWorX	Cindy Brengarth	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
<b>THURSDAY</b>			
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	Kelie Morgan	Mind Body
7:00 - 8:00 pm	Aerial Hammock*	Tina England	Mind Body
<b>FRIDAY</b>			
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
<b>SATURDAY</b>			
8:15 - 9:15 am	Gentle Yoga	Susan Zeng	Mind Body
8:40 - 9:25 am	BodyStep Express	Claire Schmidt	Group
9:00 - 10:00 am	Journey🚶	Chuck Archer	Cycling
9:45 - 10:45 am	BodyPump	Vesta Hotchkiss	Group

**SUNDAY**

12:00 - 12:30 pm	<b>GRIT</b>	Zach Lamb	Group
12:45 - 1:30 pm	<b>BodyJam Express</b>	Kimberly Uffmann	Group
1:45 - 2:45 pm	<b>BodyFlow</b>	Lacey Sweeten-Randall	Group
7:00 - 8:00 pm	<b>Aerial Hammock*</b>	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 Hammock\*:** This class uses the aerial hammock for conditioning exercises, flexibility stretches, and skill building, including yoga and aerial poses, sequences, and inversions to increase overall health and physical agility while having fun and creating beauty. Students will work at their own pace and advance to more difficult moves as they become stronger. **Not recommended during pregnancy. Please consult your physician. Masks will be required for students and instructors. Please bring your own yoga mat. Participants ages 10-13 must have parent sit outside studio during class.**

**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.

**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

**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 kettlebell to custom fit this dynamic workout. Focus is on total body fat burning, toning, and sculpting, and core strengthening.

**Les Mills Core:** This 45-minute class brings out the best in core activation, core strength, and core stability, utilizing 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!

**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)**

**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](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.

### 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 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.