

WILSON'S FITNESS CENTERS



MAC GROUP FITNESS & AQUA CLASSES

SUMMER SCHEDULE

EFFECTIVE JUNE 14, 2021

| TIME | CLASS | INSTRUCTOR | STUDIO |
|------------------|------------------|-----------------------------|-----------|
| MONDAY | | | |
| 10:00 - 11:00 am | Deep H2O | Lisa Glass | Deep Pool |
| 12:00 - 1:00 pm | Kickboxing* | Ashleigh Stundebek | Group |
| TUESDAY | | | |
| 9:00 - 10:00 am | Aqua Core & More | Carey Henson | Deep Pool |
| WEDNESDAY | | | |
| 10:00 - 11:00 am | Aquacise | Annette Simpson | Deep Pool |
| THURSDAY | | | |
| 9:00 - 10:00 am | Aqua Core & More | Carey Henson | Deep Pool |
| FRIDAY | | | |
| 9:30 - 10:30 am | Balance Board | Amber Blumberg/Erica Canlas | MAC Pool |
| 10:00 - 11:00 am | Deep H2O | Lisa Glass | Deep Pool |
| SATURDAY | | | |
| 8:30 - 9:30 am | Deep H2O | Tina England | Deep Pool |
| 9:30 - 10:30 am | Balance Board | Lacey Sweeten-Randall | MAC Pool |
| SUNDAY | | | |
| 10:30 - 11:30 am | Balance Board | Meghan McCullah/TBD | MAC Pool |

* *Specialty 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 total body workout--cardio, strength, flexibility & balance—in 60 minutes.

Balance Board*: Make a splash this summer! This class challenges the body while renewing the soul. Adapt to the motion of the board and find a continuous challenge to balance and focus while afloat!

Deep 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!

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.

The Missouri Athletic Center
2900 Forum Blvd.
Columbia, MO 65203
(573) 446-3232

HOURS

Mon – Thur 6:00 am - 9:00 pm
Friday 6:00 am - 8:30 pm
Saturday 7:30 am - 8:00 pm
Sunday 10:00 am - 9:00 pm

Ginny Matthews, Director
gmatthews@wilsonsfitness.com

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