

WILSON'S FITNESS CENTERS



SPECIALTY GROUP FITNESS CLASSES

SUMMER SCHEDULE

EFFECTIVE JUNE 14, 2021

| TIME | CLASS | INSTRUCTOR | STUDIO |
|------------------|-------------------|-----------------------------|---------------------|
| MONDAY | | | |
| 5:30 - 6:15 am | Hot Barre* | Megan Carter | Forum Hot |
| 9:00 - 9:55 am | Barre Fitness* | Becky Nielsen | Forum Mind Body |
| 9:15 - 10:15 am | Fusion Hot 60* | Kelsey Gibson | Forum Hot |
| 12:00 - 1:00 pm | Kickboxing* | Ashleigh Stundebek | MAC Group |
| 4:15 - 5:15 pm | Fusion Hot 60* HH | Meghan McCullah | Forum Hot |
| 5:30 - 6:15 pm | Hot Barre* | Laurie Oberweather | Forum Hot |
| 6:00 - 7:00 pm | Aerial Yoga* | Susan Zeng | Forum Mind Body |
| 6:30 - 7:30 pm | Radiant Yoga* | Cindy Brengarth | Forum Hot |
| TUESDAY | | | |
| 5:30 - 6:30 am | Fusion Hot 60* | Lisa Kent | Forum Hot |
| 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 | Aerial Hammock* | Cortney Spring | Rangeline Mind Body |
| WEDNESDAY | | | |
| 5:30 - 6:15 am | Hot Barre* | Meghan McCullah | 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 |
| 4:15 - 5:15 pm | Fusion Hot 60* HH | Hayes Murray | Forum Hot |
| 5:30 - 6:15 pm | Hot Barre* | Robin May | Forum Hot |
| 6:00 - 7:00 pm | Aerial Yoga* | Megan Carter | Forum Mind Body |
| 6:30 - 7:30 pm | Radiant Yoga* | Rachel Buccieri | Forum Hot |
| THURSDAY | | | |
| 5:30 - 6:30 am | Fusion Hot 60* | Meghan McCullah | Forum Hot |
| 9:00 - 9:45 am | Chair Yoga* | Erica Canlas | 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 |
| 4:30 - 5:15 pm | Hot Barre* HH | Shelby O'Keefe | Forum Hot |
| 5:30 - 6:45 pm | Fusion Hot 75* | Megan Carter | Forum Hot |
| 7:00 - 8:00 pm | Aerial Hammock* | Tina England | Rangeline Mind Body |
| FRIDAY | | | |
| 9:30 - 10:30 am | Balance Board* | Amber Blumberg/Erica Canlas | MAC Pool |
| 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 |
| 9:30 - 10:30 am | Balance Board* | Lacey Sweeten-Randall | MAC Pool |
| 10:30 - 11:30 am | Fusion Hot 60* | Kelie Morgan | Forum Hot |

SUNDAY

| | | | |
|------------------|------------------------|-----------------------------|---------------------|
| 10:30 - 11:30 am | Balance Board* | Meghan McCullah/TBD | MAC Pool |
| 11:00 - 11:55 am | Barre* | Fran Welek/Candace Kauffman | Forum Mind Body |
| 12:00 - 1:30 pm | Fusion Hot 90* | Patty Loehr | Forum Hot |
| 3:00 - 4:00 pm | Aerial Hammock* | Lacey Sweeten-Randall | Rangeline Mind Body |
| 6:00 - 7:00 pm | Gentle Flow* | Marissa Nichols | Forum Hot |

* *Specialty class*

📌 *Due to limited space, this class requires signing-up at the 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.**

Aerial Yoga*: Aerial yoga is a type of yoga utilizing a fabric hammock as a tool to help students achieve traditional yoga poses. Increase overall health and physical agility while having fun and creating beauty. No experience necessary. **Not recommended during pregnancy. Please consult your physician.**

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!

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.

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.

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.***

Gentle Flow*: A harmonious fluidity of movement and breath. We begin with centering and gentle warm up exercises and then build progressively with postures that lengthen and tone all the major muscle groups. Modifications and props are incorporated to support alignment and progression. The room will be heated to 85 degrees with radiant heat only to create a safe and gentle environment for strength and flexibility. Class length is 60 minutes.

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.

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.***

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