

WILSON'S FITNESS CENTERS



FORUM GROUP FITNESS CLASSES

SUMMER SCHEDULE

EFFECTIVE JUNE 6, 2022

| TIME | CLASS | INSTRUCTOR | STUDIO |
|------------------|--------------------------|------------------------------|-------------|
| MONDAY | | | |
| 5:30 - 6:30 am | BodyPump | Lisa Kent | Group |
| 5:30 - 6:15 am | Flight* | Shannon Bahadori | Cycling |
| 5:30 - 6:15 am | Hot Barre* | Laurie Oberweather | Hot |
| 8:00 - 8:45 am | Total Body Fun (TBF) | Kelly Lancey | Group |
| 9:00 - 9:45 am | RPM☼ | Betty Bohon | Cycling |
| 9:00 - 9:55 am | Barre Fitness* | Becky Nielsen | Mind Body |
| 9:00 - 10:15 am | Extreme H2O | Lisa Glass | Indoor Pool |
| 9:05 - 10:00 am | Cardio Step | Fran Welek | Group |
| 9:15 - 10:15 am | Fusion Hot 60* | Lisa Kent | Hot |
| 10:15 - 11:15 am | Total Body Workout (TBW) | Emily Beydler | Group |
| 10:30 - 11:30 am | Chair Yoga* | Erica Canlas | Mind Body |
| 4:15 - 5:15 pm | Fusion Hot 60* HH | Meghan McCullah | Hot |
| 5:25 - 6:25 pm | Aerial Yoga* | Susan Zeng | Mind Body |
| 5:30 - 6:15 pm | Hot Barre* | Robin May | Hot |
| 5:30 - 6:30 pm | Total Body Workout (TBW) | Tia Wood | Group |
| 5:40 - 6:25 pm | RPM☼ | Travis Ritter | Cycling |
| 6:30 - 7:30 pm | Radiant Yoga* | Cindy Brengarth | Hot |
| 7:15 - 7:45 pm | GRIT | Amanda Oleiro/Amber Blumberg | Group |
| TUESDAY | | | |
| 5:30 - 6:15 am | BodyAttack Express | Darla Tharp | Group |
| 5:30 - 6:15 am | RPM☼ | Brenda Heavin | Cycling |
| 5:30 - 6:30 am | Fusion Hot 60* | Lisa Kent | Hot |
| 8:25 - 9:25 am | Yoga | Joy Millard | Group |
| 9:15 - 10:00 am | Hot Barre* | Catina Topash | Hot |
| 9:35 - 10:20 am | BodyCombat Express | Emily Smith | Group |
| 10:00 - 10:45 am | Pilates* | Emma Blackwood | Mind Body |
| 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 | Studio Barre* | Tina England | Mind Body |
| 5:30 - 6:15 pm | HIGH Fitness | Heather Propst | Group |
| 5:30 - 6:30 pm | Fusion Hot 60* | Laurie Oberweather | Hot |
| 7:00 - 8:00 pm | Red Light Warrior Yoga** | Hannah Henze | Hot |
| WEDNESDAY | | | |
| 5:30 - 6:30 am | BodyPump | Lisa Kent | Group |
| 5:30 - 6:15 am | Hot Barre* | Meghan McCullah | Hot |
| 8:00 - 8:45 am | Forever Fit | Phyllis Koepp | Group |
| 8:30 - 9:25 am | Barre Fitness* | Becky Nielsen | Hot |
| 9:00 - 9:45 am | RPM☼ | Betty Bohon | Cycling |
| 9:00 - 9:45 am | Sh'Bam | Katie Tillman | Group |
| 9:00 - 10:15 am | Aqua ICE | Barb Buchanan | Indoor Pool |
| 9:45 - 11:00am | Fusion Hot 75* | Ariana Turner | Hot |
| 9:50 - 10:35am | High Fitness | Heather Propst | Group |
| 12:00 - 12:45 pm | Red Light TaiChiFit* HH | Catina Topash | Hot |
| 4:15 - 5:15 pm | Fusion Hot 60* HH | Catina Topash | Hot |

Revision Date: 07/12/22

FORUM GROUP FITNESS CLASSES

SUMMER 2022

WEDNESDAY (continued)

| | | | |
|----------------|---------------|----------------------------|-----------|
| 5:30 - 6:15 pm | Hot Barre* | Robin May | Hot |
| 5:30 - 6:30 pm | BodyPump | Vesta Hotchkiss/Jenna Rose | Group |
| 5:40 - 6:25 pm | Flight* | Travis Ritter | Cycling |
| 5:25 - 6:25 pm | Aerial Yoga* | Megan Carter | Mind Body |
| 6:30 - 7:30 pm | Radiant Yoga* | Gina Khine | Hot |

THURSDAY

| | | | |
|------------------|--------------------|------------------------|---------|
| 5:30 - 6:15 am | BodyStep Express | Patty Loehr | Group |
| 5:30 - 6:30 am | Fusion Hot 60* | Janette Keller | Hot |
| 8:25 - 9:25 am | Yoga | Joy Millard/Anne Janku | Group |
| 9:15 - 10:00 am | Hot Barre* | Catina Topash | Hot |
| 9:35 - 10:20 am | BodyAttack Express | Allison Zimbalist | Group |
| 10:15 - 11:15 am | Yin Yoga* | Catina Topash | Hot |
| 11:00 - 12:00 pm | BodyPump | Erica Beshore | Group |
| 4:30 - 5:15 pm | Hot Barre* HH | Megan Carter | Hot |
| 5:30 - 6:45 pm | Fusion Hot 75* | Megan Carter | Hot |
| 5:40 - 6:25 pm | RPM⊕ | Brenda Heavin | Cycling |
| 6:20 - 6:50 pm | GRIT | Eric Blumberg | Group |

FRIDAY

| | | | |
|------------------|--------------------------|----------------|-------------|
| 5:30 - 6:30 am | BodyCombat | Lisa Kent | Group |
| 5:30 - 6:15 am | RPM⊕ | Betty Bohon | Cycling |
| 8:25 - 9:25 am | BodyFlow | Lisa Kent | Mind Body |
| 9:00 - 10:15 am | Aqua Stretch, Fit, & Go | Barb Buchanan | Indoor Pool |
| 9:05 - 10:00 am | Cardio Step | Fran Welek | Group |
| 10:00 - 10:45 am | Pilates* | Emma Blackwood | Mind Body |
| 10:15 - 11:15 am | Total Body Workout (TBW) | Emily Beydler | Group |
| 4:30 - 5:30 pm | Fusion Hot 60* HH | Erica Canlas | Hot |

SATURDAY

| | | | |
|------------------|--------------------------|---------------------------------|-----------|
| 7:45 - 8:30 am | RPM⊕ | Patty Loehr | Cycling |
| 8:00 - 9:00 am | Red Light Yoga* | Emily Beydler | Hot |
| 8:25 - 9:25 am | Total Body Workout (TBW) | Cindy Brengarth/Amanda Mielke | Group |
| 8:45 - 9:45 am | Flight & Flexibility* | Patty Loehr | Cycling |
| 9:15 - 10:00 am | Hot Barre* | Emily Beydler | Hot |
| 9:35 - 10:20 am | BodyCombat Express | Anah Riley | Group |
| 10:00 - 11:00 am | Aerial Hammock* | Hairong Liu | Mind Body |
| 10:30 - 11:30 am | Fusion Hot 60* | Kelie Morgan/Laurie Oberweather | Hot |
| 10:30 - 11:00 am | GRIT | Eric Blumberg | Group |
| 11:10 - 11:55 am | Sh'Bam | Amanda Oleiro | Group |

SUNDAY

| | | | |
|------------------|------------------------|------------------------|-----------|
| 11:00 - 11:45 am | RPM⊕ | Katie Tillman | Cycling |
| 11:00 - 11:55 am | Barre* | Fran Welek | Mind Body |
| 11:15 - 12:00 pm | BodyStep Express | Shannon Bahadori | Group |
| 12:00 - 1:30 pm | Fusion Hot 90* | Patty Loehr | Hot |
| 12:40 - 1:40 pm | BodyPump | Amber Blumberg | Group |
| 3:30 - 4:30 pm | Yoga | Anne Janku/Joy Millard | Group |
| 5:45 - 6:45 pm | Red Light Gentle Yoga* | Wende Wagner | Hot |

* Specialty class

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

CLASS DESCRIPTIONS

Aerial Hammock*: In this class, you will use an aerial hammock in various ways to build upper-body and core strength. Hammock will challenge your balance and flexibility as you learn to support yourself on the fabric while moving through diverse shapes and transitions for a fun experience with lots of variety. It is a great way to get a feel for aerial work and more experienced students can learn wraps, inversions, and how to build beautiful aerial dance sequences. Plan to have fun and to leave stronger!! Though experience isn't required, beginners are encouraged to attend an aerial yoga class to get the feel of working with the silks. 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. Please bring your own yoga mat. Please wear form-fitting clothes that cover your legs. No zippers, jewelry, or shoes.**

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.**

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.

Aqua Stretch, Fit, & Go: One hour of water aerobics and stretching, followed by 15 minutes of additional toning and stretching exercises.

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 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)**

BodyFlow: A yoga, tai chi, Pilates workout that builds flexibility and strength, leaving you feeling centered and calm in one hour. **(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 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.

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

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 | 9:00 am - 7:00 pm |

Lisa Acton, Director

lacton@wilsonsfitness.com

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. **Please arrive at least 5 minutes before class to allow time for bike setup and to book into the Flight program.**

Flight & Flexibility*: This class begins with 30-minutes of Flight, riding until your legs burn and your heart pumps. You'll then move to a 30-minute yoga practice, focusing on upper and lower body flexibility and core strengthening. This combination increases your overall body position and awareness for injury prevention and enhanced riding performance, as well as bringing the mind to a place of inner calm and balance. **Please arrive at least 5 minutes before class to allow time for bike setup and to book into the Flight program. Please bring your own yoga mat.**

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. Red light near infrared bulbs are used. 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.**

Pilates*: This class incorporates the classic Pilates style of core, stretch, and total body strength. The instructors will use personalized modification so that all levels receive a quality workout that fits their needs and goals. Props such as weighted balls, magic circles, foam rollers, or BOSU balls may be utilized in the class.

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.**

Red Light Gentle Yoga*: 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 to create a safe and gentle environment for strength and flexibility, and we will utilize our red light near infrared therapy

Red Light TaiChiFit*: This practice brings focus on balance with controlled movements to increase stability, flexibility, circulation, immunity, strength (in a subtle way), and moving meditation to promote relaxation and awareness of the breath. It is a low-impact fitness option to complement any fitness program as an adaptation for functional exercise for the general public, seniors, those with physical challenges, and athletes. This class will be taught under our red light near infrared bulbs, bringing a gentle warmth.

Red Light 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. This therapeutic class will be taught under our red light near infrared bulbs, bringing a gentle warmth. Free of charge to those with a military ID.

Red Light 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. This class will be taught under our red light near infrared bulbs, bringing a gentle warmth.

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)**

Sh'Bam: This dance program lets everyone become a star of their own dance-out, with hot, yet simple moves that anyone can cut loose to. Join the revolution!

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.

Total Body Fun (TBF): Come dance, tone, move, and stretch your way to a healthier body and mind!

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

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

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 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.

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.