

# WILSON'S FITNESS CENTERS



## RANGELINE GROUP FITNESS

SPRING SCHEDULE

EFFECTIVE APRIL 10, 2023

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
12:00 - 1:00 pm	Les Mills Core 45 + Strength	Emily Smith	Group
4:30 - 5:15 pm	BodyPump Express	Claire Schmidt	Group
5:30 - 6:30 pm	BodyStep	Claire Schmidt	Group
5:30 - 6:25 pm	Journey🌀	Chuck Archer	Cycling
5:45 - 6:45 pm	Yoga	Gina Khine	Mind Body
<b>TUESDAY</b>			
5:30 - 6:30 am	BodyPump	Becky Heins	Group
9:30 - 10:15 am	BodyAttack Express	Emily Beydler	Group
12:00 - 1:00 pm	BodyFlow	Lisa Kent	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	Zach Lamb	Group
6:45 - 7:45 pm	Aerial Skills*	Cortney Spring	Mind Body
<b>WEDNESDAY</b>			
5:45 - 6:30 am	Total Body Workout (TBW)	Tia Wood	Group
12:00 - 1:00 pm	BodyPump	Meghan McCullah	Group
4:30 - 5:15 pm	KettleWorX	Cindy Brengarth	Group
5:30 - 6:15 pm	BodyCombat Express	Amanda Mielke	Group
5:30 - 6:25 pm	Journey🌀	Chuck Archer	Cycling
5:30 - 6:30 pm	Aerial Skills*	Susan Zeng	Mind Body
6:30 - 7:30 pm	BodyJam	Kimberly Uffmann	Group
<b>THURSDAY</b>			
5:30 - 6:30 am	BodyPump	Becky Heins	Group
6:30 - 7:30 am	Aerial Skills*	Cortney Spring	Mind Body
9:30 - 10:15 am	Sh'Bam	Katie Tillman	Group
12:00 - 1:00 pm	BodyFlow	Meghan McCullah	Group
5:30 - 6:30 pm	BodyPump	Lauren Dennings	Group
5:30 - 6:30 pm	Yoga	Chris Kelly-Gwartney	Mind Body
<b>FRIDAY</b>			
5:30 - 6:15 am	BodyAttack Express	Debbie Newby	Group
11:00 - 11:45 am	RPM🌀	Meghan McCullah	Cycling
12:00 - 1:00 pm	BodyPump	Meghan McCullah	Group
5:00 - 6:00 pm	Intro to Aerial Skills*	Susan Zeng	Mind Body
<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 - 9:55 am	Journey🌀	Chuck Archer	Cycling
9:20 - 10:05 am	TaiChiFit* HH	Susan Zeng	Mind Body
9:45 - 10:45 am	BodyPump	Vesta Hotchkiss	Group

**SUNDAY**

12:00 - 12:30 pm	<b>GRIT</b>	Zach Lamb	Group
12:40 - 1:40 pm	<b>BodyJam</b>	Kimberly Uffmann	Group
1:45 - 2:45 pm	<b>BodyFlow</b>	Lacey Sweeten-Randall	Group
3:00 - 4:00 pm	<b>Aerial Skills*</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 Skills\*:** An acrobatic fitness fusion class that will lift you off the ground and get your heart pumping. This challenging art form builds unparalleled upper body and core strength, kinesthetic awareness, coordination and confidence. A dynamic warm-up leads to light stretching, skill-building including climbs, footlocks, poses, sequences, and inversions. Class concludes with a yoga-inspired cool down and flexibility work. Content will be dependent on experience level of those in attendance. **Not recommended during pregnancy. Please consult your physician. 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 St..  
 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

**Intro to Aerial Skills\*:** A beginner class for those wanting to learn about aerial skills! This challenging art form builds unparalleled upper body and core strength, kinesthetic awareness, coordination and confidence. A dynamic warm-up leads to light stretching, skill-building including climbs, footlocks, poses, sequences, and inversions. Class concludes with a yoga-inspired cool down and flexibility work. ***Not recommended during pregnancy. Please consult your physician. Please bring your own yoga mat. Participants ages 10-13 must have parent sit outside studio during class.***

**Journey🚲:** A 55-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 + Strength:** This 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, and the full body. 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)**

**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.

**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.

**Total Body Workout (TBW):** Strength-train your entire body using bars, dumbbells, kettlebells & 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](mailto: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](mailto:memberservices@wilsonsfitness.com).
- Online enrollment is available to members at [wilsonsfitness.com/buy-now/member-self-service](https://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 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.

### **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.