

WILSON'S FITNESS CENTERS



SPECIALTY GROUP FITNESS CLASSES

FALL SCHEDULE

EFFECTIVE AUGUST 28, 2023

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:30 - 6:15 am	RRX*	Shannon Bahadori	Forum RRX
5:30 - 6:15 am	Hot Barre*	Laurie Oberweather	Forum Hot
8:20 - 8:50 am	Row 5K*	Becky Nielsen	Forum RRX
9:00 - 9:55 am	Barre Fitness*	Becky Nielsen	Forum Hot
10:15 - 11:15 am	Fusion Hot 60*	Della Long	Forum Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Meghan Bratkowski	Forum Hot
5:25 - 6:25 pm	Aerial Yoga*	Susan Zeng	Forum Mind Body
5:30 - 6:15 pm	Hot Barre*	Robin May	Forum Hot
6:30 - 7:30 pm	Radiant Yoga*	Cindy Brengarth	Forum Hot
6:40 - 7:25 pm	Row/TRX*	Tia Wood	Forum RRX
6:45 - 7:45 pm	Restorative Yoga*	Patty Loehr	Forum Mind Body
TUESDAY			
5:30 - 6:30 am	Fusion Hot 60*	Lisa Kent	Forum Hot
9:15 - 10:00 am	Chair Yoga*	Erica Canlas	Forum Mind Body
9:15 - 10:00 am	Hot Barre*	Catina Topash	Forum Hot
10:15 - 11:15 am	Radiant Yoga*	Catina Topash	Forum Hot
10:30 - 11:00 am	ABC Yoga*	Emily Beydler	Rangeline Group
4:30 - 5:15 pm	Hot Barre* HH	Megan Carter	Forum Hot
5:30 - 6:15 pm	Studio Barre*	Tina England	Forum Mind Body
5:30 - 6:30 pm	Fusion Hot 60*	Laurie Oberweather	Forum Hot
6:45 - 7:45 pm	Aerial Skills*	Cortney Spring	Rangeline Mind Body
6:45 - 7:45 pm	Warrior Yoga**	Hannah Henze	Forum Mind Body
WEDNESDAY			
5:30 - 6:15 am	Hot Barre*	Emily Beydler	Forum Hot
5:30 - 6:15 am	RRX*	Debbie Newby	Forum RRX
8:30 - 9:25 am	Barre Fitness*	Becky Nielsen	Forum Hot
9:45 - 10:45 am	Fusion Hot 60*	Lisa Kent	Forum Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Lauren Dennings	Forum Hot
4:45 - 5:45 pm	Aerial Yoga* HH	Catina Topash	Forum Mind Body
5:30 - 6:15 pm	Hot Barre*	Robin May	Forum Hot
5:30 - 6:30 pm	Aerial Skills*	Susan Zeng	Rangeline Mind Body
5:40 - 6:40 pm	CRX*	Travis Ritter	Forum RRX
6:30 - 7:30 pm	Radiant Yoga*	Amber Blumberg	Forum Hot
7:45 - 8:45 pm	Yin Yoga*	Jenny Bossaller	Forum Mind Body
THURSDAY			
5:30 - 6:30 am	Fusion Hot 60*	Janette Keller	Forum Hot
6:30 - 7:30 am	Aerial Skills*	Cortney Spring	Rangeline Mind Body
9:15 - 10:00 am	Hot Barre*	Catina Topash	Forum Hot
10:15 - 11:15 am	Red Light Yin Yoga*	Catina Topash	Forum Hot
4:30 - 5:25 pm	Row/Barre* HH	Becky Nielsen/Robin May	Forum RRX
5:30 - 6:45 pm	Fusion Hot 75*	Kelie Morgan	Forum Hot
5:30 - 6:15 pm	Studio Barre*	Tina England	Forum Mind Body
6:45 - 7:45 pm	Aerial Hammock*	Molly Jones	Forum Mind Body

SPECIALTY GROUP FITNESS CLASSES

FALL 2023

FRIDAY

9:00 - 9:55 am	Total Body Row (TBR)*	Becky Nielsen	Forum RRX
9:15 - 10:00 am	Chair Yoga*	Della Long	Forum Mind Body
9:30 - 10:30 am	Fusion Hot 60*	Emily Beydler	Forum Hot
4:30 - 5:30 pm	Fusion Hot 60* HH	Erica Canlas	Forum Hot
5:00 - 6:00 pm	Intro to Aerial Skills*	Susan Zeng	Rangeline Mind Body
5:30 - 6:30 pm	Rowga*	Patty Loehr	Forum RRX

SATURDAY

8:00 - 8:50 am	YoChi*	Susan Zeng	Forum Mind Body
8:00 - 9:00 am	Radiant Yoga*	Emily Beydler	Forum Hot
8:45 - 9:45 am	CRFlex*	Patty Loehr	Forum RRX
9:00 - 10:00 am	Aerial Yoga*	Susan Zeng	Forum Mind Body
9:15 - 10:00 am	Hot Barre*	Briana Frieda	Forum Hot
10:15 - 11:15 am	Yin Yoga*	Briana Freida	Forum Mind Body
10:30 - 11:30 am	Fusion Hot 60*	Megan Carter/Laurie Oberweather	Forum Hot

SUNDAY

10:30 - 11:25 am	Barre*	Fran Welek	Forum Hot
12:00 - 1:30 pm	Fusion Hot 90*	Patty Loehr	Forum Hot
3:00 - 4:00 pm	Aerial Skills*	Lacey Randall	Rangeline Mind Body
5:45 - 6:45 pm	Red Light Gentle Yoga*	Hannah Henze/Wende Wagner	Forum Hot

* Specialty class

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

CLASS DESCRIPTIONS

ABC Yoga (Asanas and Breathing for Children)*: Little yogis are invited to this 30 minute class where we'll learn poses and breathing techniques, play games, and practice mindfulness together – and of course, have a whole bunch of fun in the process. We'll practice barefoot or in our shoes and you're free to bring your own mat or use one of ours. A comfort item (blankie or stuffed animal) can be brought for final meditation. We'll meet in the playcenter and walk to the studio together, then come back to the playcenter when we're done. Kids who are already on their parents' membership are free and everyone else (members and non-members) can come for just \$5/class!

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. Please bring your own yoga mat.**

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.**

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.**

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.

CRFlex*: Calisthenics, Rowing, and Flexibility. A full-body cross training experience, combining bodyweight strength training and cardiovascular exercise, then bringing balance and flexibility through yogic breathing and poses. Please bring your own yoga mat.

CRX*: Calisthenics, Rowing, and TRX. Quickly increase your strength, power, and endurance through intervals of cardio and body-weight exercises, using just your body or TRX (Total Resistance Exercises) suspension straps.

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% 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.***

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.***

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.***

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

Restorative Yoga*: In this stressed out world we live in, it's so important to restore the parasympathetic nervous system. This practice is all about slowing down and opening your body through passive stretching, breath work and meditation. Bring any and all materials you'd like to aid in comfort. Blankets, bolsters, and blocks provided.

Row 5K*: Get ready to row 5000 meters. This class is for the intermediate rower who wants to get better at endurance. Or maybe you want to burn some extra calories before hitting the weights. Each week, we will row different intervals at varying efforts. The crew will support one another as we lengthen our distance intervals, lower our 500m split and listen to music.

Row/Barre*: Turning the focus to the glutes, legs, core, and arms, this 45-minute workout utilizes our WaterRower for cardio and barre exercises to shape and tone.

Rowga*: A full-body fitness experience, combining rowing and yoga. Training our strength and cardiovascular systems, and increasing mobility, flexibility, and the mind-body-breath connection. Please bring your own yoga mat.

Row/Strength*: 45 minutes of cardio and strength intervals, using our WaterRowers and a mix of bands, kettlebells, and the barre to shape and tone and lift our heart rates!

Row/TRX*: 45-minutes of interval training, using TRX (Total Resistance Exercises) suspension straps and WaterRowers to develop strength, balance, flexibility, core stability, and cardio capacity simultaneously. A low-impact, effective full-body workout!

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 Row (TBR)*: TBR is a 55-minute full-body workout. Rowing uses 85% of the muscles in the body and challenges the core with every stroke. During class we will not only row, but also perform strength training and mobility work off of the rower, using plates, bodyweight, and kettlebells.

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. ** Free of charge to those with a military ID.

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.

YoChi*: 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.

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.