

WILSON'S FITNESS CENTERS



FORUM GROUP FITNESS CLASSES

WINTER SCHEDULE

EFFECTIVE JANUARY 8, 2024

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:30 - 6:30 am	BodyPump	Colleen Burns	Group
5:30 - 6:15 am	RRX*	Shannon Bahadori	RRX
5:30 - 6:15 am	Hot Barre*	Laurie Oberweather	Hot
8:00 - 8:45 am	Total Body Fun (TBF)	Kelly Lancey	Group
8:20 - 8:50 am	Row Intervals*	Becky Nielsen	RRX
9:00 - 9:45 am	RPM⊕	Betty Bohon	RRX
9:00 - 9:55 am	Barre Fitness*	Becky Nielsen	Hot
9:00 - 10:15 am	Extreme H2O	Lisa Glass	Indoor Pool
9:05 - 10:00 am	Cardio Step	Fran Welek	Group
10:15 - 11:15 am	Total Body Workout (TBW)	Lauren Dennings	Group
10:15 - 11:15 am	Aquacise	Peggy Nigh	Indoor Pool
10:15 - 11:15 am	Fusion Hot 60*	Della Long	Hot
4:15 - 5:15 pm	Fusion Hot 60* HH	Meghan Bratkowski	Hot
5:25 - 6:25 pm	Aerial Yoga*	Susan Zeng	Mind Body
5:30 - 6:15 pm	Hot Barre*	Robin May	Hot
5:30 - 6:25 pm	Total Body Workout (TBW)	Tia Wood	Group
5:40 - 6:25 pm	RPM⊕	Travis Ritter	RRX
6:30 - 7:15 pm	BodyCombat Express	Mike Griffith	Group
6:30 - 7:30 pm	Radiant Yoga*	Cindy Brengarth	Hot
6:40 - 7:25 pm	Total Body Row (TBR)*	Tia Wood	RRX
6:45 - 7:45 pm	Restorative Yoga*	Wende Wagner	Mind Body
TUESDAY			
5:30 - 6:30 am	BodyAttack	Darla Tharp	Group
5:30 - 6:15 am	RPM⊕	Brenda Heavin	RRX
5:30 - 6:30 am	Fusion Hot 60*	Lisa Kent	Hot
7:30 - 8:30 am	Extreme H2O	Peggy Nigh	Indoor Pool
8:25 - 9:25 am	Yoga	Joy Millard	Group
9:00 - 10:00 am	Aqua Core & More	Carey Henson	Indoor Pool
9:15 - 10:15 am	Chair Yoga*	Della Long	Mind Body
9:15 - 10:00 am	Hot Barre*	Catina Topash	Hot
9:35 - 10:20 am	BodyCombat Express	Emily Smith	Group
10:15 - 11:15 am	Radiant Yoga*	Catina Topash	Hot
11:00 - 12:00 pm	BodyPump	Lauren Dennings	Group
12:00 - 12:45 pm	Pilates*	Jessica Edwards	Mind Body
4:30 - 5:15 pm	Hot Barre* HH	Megan Carter	Hot
5:30 - 6:30 pm	Fusion Hot 60*	Laurie Oberweather	Hot
5:30 - 6:15 pm	Studio Barre*	Tina England	RRX
5:30 - 6:15 pm	HIGH Fitness	Lucia Freeman	Group
5:30 - 6:30 pm	Warrior Yoga**	Jenny Bossaller	Mind Body
6:45 - 7:30 pm	YogaSculpt*	Amber Blumberg	Hot
WEDNESDAY			
5:30 - 6:30 am	BodyPump	Lisa Kent	Group
5:30 - 6:15 am	RRX*	Shannon Bahadori/Brenda Heavin	RRX
5:30 - 6:15 am	Hot Barre*	Emily Beydler	Hot
8:00 - 8:30 am	Les Mills Dance	Katie Tillman	Group

Revision Date: 01/01/24

FORUM GROUP FITNESS CLASSES

WINTER 2024

WEDNESDAY (continued)

8:30 - 9:25 am	Barre Fitness*	Becky Nielsen	Hot
8:35 - 9:05 am	Les Mills CORE 30	Katie Tillman	Group
9:00 - 9:45 am	RPM⬤	Betty Bohon	RRX
9:00 - 10:15 am	Aqua ICE	Barb Buchanan	Indoor Pool
9:10 - 9:55 am	HIGH Fitness	Jenna Rose	Group
9:45 - 10:45 am	Fusion Hot 60*	Lisa Kent	Hot
9:50 - 10:45 am	Total Body Row (TBR)*	Becky Nielsen	RRX
10:15 - 11:15 am	Aquacise	Annette Simpson	Indoor Pool
4:15 - 5:15 pm	Fusion Hot 60* HH	Lauren Dennings	Hot
4:45 - 5:45 pm	Aerial Yoga* HH	Catina Topash	Mind Body
5:30 - 6:15 pm	Hot Barre*	Robin May	Hot
5:30 - 6:30 pm	BodyPump	Vesta Hotchkiss/Claire Schmidt	Group
5:40 - 6:40 pm	Total Body Row (TBR)*	Travis Ritter	RRX
6:30 - 7:30 pm	Radiant Yoga*	Amber Blumberg	Hot
7:45 - 8:45 pm	Red Light Yin Yoga*	Jenny Bossaller	Hot

THURSDAY

5:30 - 6:15 am	BodyStep Express	Patty Loehr	Group
5:30 - 6:15 am	Rock & Ride⬤	Amanda Alcamo	RRX
5:30 - 6:30 am	Fusion Hot 60*	Janette Keller	Hot
7:30 - 8:30 am	Extreme H2O	Lisa Glass	Indoor Pool
8:25 - 9:25 am	Yoga	Joy Millard	Group
9:00 - 10:00 am	Aqua Core & More	Carey Henson	Indoor Pool
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	Red Light Yin Yoga*	Catina Topash	Hot
11:00 - 12:00 pm	BodyPump	Jenna Rose	Group
4:30 - 5:15 pm	Hot Pilates* HH	Jessica Edwards	Hot
5:30 - 6:45 pm	Fusion Hot 75*	Kelie Morgan	Hot
5:30 - 6:15 pm	HIGH Fitness	Lucia Freeman	Group
5:40 - 6:25 pm	RPM⬤	Brenda Heavin	RRX
6:20 - 6:50 pm	GRIT	Eric and Amber Blumberg	Group
6:45 - 7:45 pm	Aerial Hammock*	Molly Jones	Mind Body

FRIDAY

5:30 - 6:30 am	BodyFlow	Darla Tharp	Group
5:30 - 6:15 am	RPM⬤	Betty Bohon	RRX
5:30 - 6:30 am	Radiant Yoga*	Della Long	Hot
8:00 - 9:00 am	BodyFlow	Lisa Kent	Group
8:30 - 9:15 am	Barre Fitness Express*	Becky Nielsen	Hot
9:00 - 10:15 am	Aqua Stretch, Fit, & Go	Barb Buchanan	Indoor Pool
9:05 - 10:00 am	Cardio Step	Fran Welek	Group
9:15 - 10:15 am	Chair Yoga*	Erica Canlas	Mind Body
9:30 - 10:25 am	Total Body Row (TBR)*	Becky Nielsen	RRX
9:30 - 10:30 am	Fusion Hot 60*	Emily Beydler	Hot
10:15 - 11:15 am	Extreme H2O	Lisa Glass	Indoor Pool
10:15 - 11:15 am	Total Body Workout (TBW)	Amanda Mielke	Group
4:30 - 5:15 pm	Les Mills Dance	Katie Tillman	Group
4:30 - 5:30 pm	Fusion Hot 60* HH	Erica Canlas	Hot
5:30 - 6:30 pm	Rowga*	Patty Loehr	RRX

SATURDAY

7:45 - 8:30 am	RPM 🔴	Patty Loehr	RRX
8:00 - 8:50 am	YoChi *	Susan Zeng	Mind Body
8:00 - 9:00 am	Radiant Yoga *	Emily Beydler	Hot
8:25 - 9:25 am	Total Body Workout (TBW)	Cindy Brengarth/Tia Wood	Group
8:45 - 9:45 am	CRFlex *	Patty Loehr	RRX
9:00 - 10:00 am	Extreme H2O	Tina England/Peggy Nigh	Indoor Pool
9:00 - 10:00 am	Aerial Yoga *	Susan Zeng	Mind Body
9:15 - 10:00 am	Hot Barre *	Briana Frieda	Hot
9:30 - 10:30 am	BodyCombat	Sarah Henley/Amanda Mielke	Group
10:00 - 10:45 am	Rock & Ride 🔴	Amanda Alcamo	RRX
10:15 - 11:15 am	Yin Yoga *	Briana Frieda	Mind Body
10:30 - 11:30 am	Fusion Hot 60 *	Megan Carter/Laurie Oberweather	Hot
10:35 - 11:05 am	GRIT	Eric and Amber Blumberg	Group
11:10 - 11:55 am	Les Mills Dance	Amanda Oleiro	Group

SUNDAY

10:30 - 11:25 am	Barre *	Fran Welek	Hot
11:00 - 11:45 am	Rock & Ride 🔴	Amanda Alcamo	RRX
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	Kate Lickert/Joy Millard	Group
5:45 - 6:45 pm	Red Light Gentle Yoga *	Hannah Henze/Jenny Bossaller	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. Please bring your own yoga mat.**

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.**

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 a total body workout—cardio, strength, flexibility, and balance—in 60 minutes.

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.

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

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*: A 55-minute full body workout that will lift your heart rate (and your mood) with exercises set to fun music in a supportive and high-energy environment. The class will blend cardio, strength training, balance work and core conditioning in a total body workout that targets the hips, glutes, abs and arms. No heat will be added. (Express = 45 minutes)

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.

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.

Extreme 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!

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.***

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.***

Hot Pilates*: A low impact, full body workout that focuses on core strength and stability with an extra spotlight on flexibility utilizing the benefits of the 95 degree room with our near infrared red lights.. You will utilize light weights/bands in addition to your body weight for muscle toning and overall body strength. You will learn to experience the intricacies of muscle movement and firing the proper muscles for each exercise. Additional stretching at the end of class will help release tension from your day. ***Not recommended during pregnancy. Please consult your physician.***

Les Mills CORE: This 30 - 45-minute 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. Be better at all you do with a stronger core!

Les Mills Dance: A high-energy workout that will reinvent the way you move and sweat! 45-minutes, 10 stand-alone tracks, inspired by global dance genres and designed by dancers.

Pilates*: A low impact, full body workout that focuses on core strength and stability using body weight and light barbells/bands for ideal results. You will learn to experience the intricacies of muscle movement and firing the proper muscles for each exercise. Expect toning over all parts of the body with specific results in the midsection.

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.***

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.

Rock & Ride🚲: This fun, energetic cycling class features your favorite music each week, from hip hop to throwbacks, and incorporates HIIT, speed endurance, hills, intervals, and more!

Row Intervals*: Get ready to row. 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.

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.

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)**

RRX*: Rowing, Riding, and TRX. This 45-minute class incorporates variable-intensity intervals of these three modalities, combining strength and cardio into a fun, energetic cross-training workout. Using our WaterRowers, TRX suspension training, and Stages bikes, this class is a low-impact workout, ideal for everyone!

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 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 any combination of plates, bodyweight, TRX, and kettlebells.

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

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.

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.

YogaSculpt*: A 45 minute heated class that unites muscle and yoga, combining hand weights and cardio for a great calorie burn! YogaSculpt is designed to strengthen, lengthen, and sculpt muscles, while focusing on alignment, mindfulness, and breath awareness. You'll leave feeling connected, strong, and refreshed! This class will be heated to 95-100 degrees and taught under our red light near infrared bulbs.

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 \$8.50 + tax for Wilson's members and \$17.00 + tax for non-members.
- HH = Happy Hour. Happy hour classes are \$8.00 + 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.