

WILSON'S FITNESS CENTERS



FORUM GROUP FITNESS CLASSES

SUMMER SCHEDULE

EFFECTIVE JUNE 2, 2025

| 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/Candice Swee | Hot |
| 8:00 - 9:00 am | BODYBALANCE | Lisa Kent | Group |
| 9:00 - 9:55 am | Barre Fitness* | Becky Nielsen | Hot |
| 9:00 - 10:15 am | Extreme H2O | Lisa Glass | Indoor Pool |
| 9:00 - 10:00 am | Aquacise | Peggy Nigh | MAC Pool |
| 9:05 - 9:50 am | RPM* | Betty Bohon | RRX |
| 9:05 - 10:00 am | Cardio Step | Fran Welek | Group |
| 10:00 - 11:00 am | Aquacise | Peggy Nigh | MAC Pool |
| 10:15 - 11:15 am | Total Body Workout (TBW) | Lauren Dennings | Group |
| 10:15 - 11:15 am | Fusion Hot 60* | Della Long | Hot |
| 11:30 - 12:30 pm | Yin Yoga* | Emily Beydler | Mind Body |
| 4:15 - 5:15 pm | Fusion Hot 60* | Meghan Bratkowski | Hot |
| 5:30 - 6:15 pm | Hot Barre* | Robin May | Hot |
| 5:30 - 6:30 pm | Recess Relays-Group Swim* | Kathryn Fishman-Weaver | Indoor Pool |
| 5:40 - 6:25 pm | RPM* | Travis Ritter | RRX |
| 5:45 - 6:30 pm | Total Body Workout (TBW) | Amanda Oleiro | Group |
| 6:30 - 7:30 pm | Radiant Yoga* | Cindy Brengarth | Hot |
| 6:35 - 7:20 pm | BODYCOMBAT Express | Mike Griffith | Group |
| 6:45 - 7:45 pm | Restorative Yoga* | Wende Wagner | Mind Body |
| 7:45 - 8:45 pm | Hot Sculpt Flow* | Amelia Kelly | Hot |
| 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 | Deep H2O | Peggy Nigh | MAC Pool |
| 8:25 - 9:25 am | Yoga | Joy Millard | Group |
| 9:00 - 10:00 am | Aqua Core & More | Carey Henson | MAC Pool |
| 9:15 - 10:00 am | Hot Barre* | Catina Topash | Hot |
| 9:30 - 10:30 am | Chair Yoga* | Della Long | Mind Body |
| 9:45 - 10:45 am | BODYCOMBAT | 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* | Megan Carter | Hot |
| 5:30 - 6:30 pm | Fusion Hot 60* | Laurie Oberweather | Hot |
| 5:30 - 6:15 pm | HIGH Fitness | Lucia Freeman | Group |
| 5:30 - 6:30 pm | Embodied Empowerment Yoga** | Candice Swee | Mind Body |
| 5:40 - 6:25 pm | RRX* | Travis Ritter | RRX |
| 6:45 - 7:30 pm | YogaSculpt* | Amber Blumberg | Hot |
| WEDNESDAY | | | |
| 5:30 - 6:30 am | BODYPUMP | Lisa Kent/Darla Tharp | Group |
| 5:30 - 6:15 am | RRX* | Shannon Bahadori | RRX |

FORUM GROUP FITNESS CLASSES

SUMMER 2025

WEDNESDAY (continued)

| | | | |
|------------------|-----------------------|--------------------------------|-------------|
| 5:30 - 6:15 am | Hot Barre* | Emily Beydler | Hot |
| 8:15 - 9:00 am | LES MILLS DANCE | Katie Tillman | Group |
| 8:30 - 9:25 am | Barre Fitness* | Becky Nielsen | Hot |
| 9:00 - 10:15 am | Aqua ICE | Barb Buchanan | Indoor Pool |
| 9:05 - 9:50 am | RPM⬢ | Betty Bohon | RRX |
| 9:10 - 9:55 am | HIGH Fitness | Jenna Rose | Group |
| 9:45 - 10:45 am | Fusion Hot 60* | Ariana Turner | Hot |
| 10:00 - 11:00 am | Aquacise | Annette Simpson | MAC Pool |
| 11:30 - 12:30 pm | Kriya Yoga* | Catina Topash | Mind Body |
| 4:15 - 5:15 pm | Fusion Hot 60* | Lauren Dennings | Hot |
| 5:30 - 6:15 pm | Hot Barre* | Robin May | Hot |
| 5:30 - 6:30 pm | BODYPUMP | Vesta Hotchkiss/Claire Schmidt | Group |
| 5:45 - 6:30 pm | Total Body Row (TBR)* | Jenny Bossaller | RRX |
| 6:30 - 7:30 pm | Radiant Yoga* | Amber Blumberg | Hot |

THURSDAY

| | | | |
|------------------|---------------------|-------------------------|-----------|
| 5:30 - 6:15 am | BODYSTEP Express | Patty Loehr | Group |
| 5:30 - 6:15 am | RPM⬢ | Brenda Heavin | RRX |
| 5:30 - 6:30 am | Fusion Hot 60* | Janette Keller | Hot |
| 7:30 - 8:30 am | Deep H2O | Lisa Glass | MAC Pool |
| 8:25 - 9:25 am | Yoga | Joy Millard | Group |
| 9:00 - 10:00 am | Aqua Core & More | Carey Henson | MAC Pool |
| 9:15 - 10:00 am | Hot Barre* | Catina Topash | Hot |
| 9:45 - 10:30 am | BODYATTACK Express | Claire Murray | 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* | 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⬢ | Patty Loehr | RRX |
| 6:20 - 6:50 pm | GRIT | Eric and Amber Blumberg | Group |
| 6:30 - 7:30 pm | Aerial Hammock* | Molly Jones | Mind Body |
| 7:00 - 8:00 pm | Hot Sculpt Flow* | Amelia Kelly | Hot |

FRIDAY

| | | | |
|------------------|--------------------------|---------------------------|-------------|
| 5:30 - 6:15 am | RPM⬢ | Betty Bohon | RRX |
| 5:30 - 6:30 am | Radiant Yoga* | Della Long | Hot |
| 8:00 - 9:00 am | BODYBALANCE | Lisa Kent | Group |
| 8:20 - 9:15 am | Barre Fitness* | Becky Nielsen | Hot |
| 9:00 - 10:15 am | Aqua Stretch, Fit, & Go | Barb Buchanan | Indoor Pool |
| 9:00 - 10:00 am | Aquacise | Peggy Nigh | MAC Pool |
| 9:05 - 10:00 am | Cardio Step | Fran Welek | Group |
| 9:30 - 10:30 am | Chair Yoga* | Erica Canlas/Candice Swee | 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 |
| 10:00 - 11:00 am | Deep H2O | Lisa Glass | MAC Pool |
| 10:15 - 11:15 am | Total Body Workout (TBW) | Cindy Brengarth/Tia Wood | Group |
| 12:00 - 12:45 pm | Hot Pilates* | Lauren Dennings | Hot |
| 4:15 - 5:15 pm | Fusion Hot 60* | Erica Canlas | Hot |
| 4:30 - 5:15 pm | LES MILLS DANCE | Katie Tillman | Group |
| 5:30 - 6:30 pm | Red Light Yin Yoga* | Candice Swee | Hot |

SATURDAY

| | | | |
|------------------|---------------------------------|--------------------------|------------------|
| 7:45 - 8:30 am | RPM♣ | Patty Loehr | RRX |
| 8:00 - 9:00 am | Radiant Yoga* | Emily Beydler | Hot |
| 8:25 - 9:25 am | Total Body Workout (TBW) | Cindy Brengarth/Tia Wood | Group |
| 9:00 - 10:00 am | Deep H2O | Peggy Nigh | MAC Pool |
| 9:15 - 10:00 am | Hot Barre* | Briana Frieda | Hot |
| 9:30 - 10:30 am | BODYCOMBAT | Sarah Henley | Group |
| 10:15 - 11:15 am | Yin Yoga* | Briana Frieda | Mind Body |
| 10:30 - 11:30 am | Fusion Hot 60* | Megan Carter | Hot |
| 10:35 - 11:05 am | GRIT | Eric and Amber Blumberg | Group |
| 11:10 - 11:55 am | LES MILLS DANCE | Amanda Oleiro | Group |

SUNDAY

| | | | |
|------------------|-----------------------|----------------------------|------------------|
| 10:15 - 11:15 am | BODYSTEP | Shannon Bahadori | Group |
| 10:30 - 11:25 am | Barre* | Fran Welek | Hot |
| 11:00 - 11:45 am | RPM♣ | Patty Loehr | RRX |
| 11:45 - 12:30 pm | Pilates* | Emily Beydler | Mind Body |
| 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 | Jenny Bossaller/Anne Janku | Group |

* *Specialty class*

♣ *Due to limited space, this class requires signing-up at the front desk up to 30 minutes 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.***

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.

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

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 Tricoli, Director

ltricoli@wilsonsfitness.com

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)

BODYBALANCE: (Formerly called "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)

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)

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.

Deep 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! Deep H2O is held outdoors at the MAC, in the deep water well.

Embodied Empowment Yoga:** 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.

Fusion Hot*: This sequence of postures is designed to work the whole body; muscles, joints, glands and all internal organs. It offers the perfect mixture of breath work, strength and flexibility training to allow you to take your physical and mental fitness to the highest level possible. The dynamic internal and external health benefits you will receive will nourish 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 105 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 offered as 60-minutes, or as 75 or 90, with the option to leave after 60 minutes. ***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!

Kriya Yoga*: This practice will integrate Kriya, breathwork, meditation techniques, deepening connection and devotion through Laya and Bhakti practices, the chakra healing power of sound, free movement, and Hatha Yoga asanas. It will include ancient yogic techniques as well as current evolutionary practices to create a clear path for the individual to experience a full, healthy, abundant, and joyous life.

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.***

Hot Sculpt Flow*: Boost metabolism and build lean muscle mass as you flow. You'll combine free weights with yoga sequencing and cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls. Room will be heated to 95 degrees and taught under our near infrared red lights. ***Not recommended during pregnancy. Please consult your physician.***

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.***

Recess Relays-Group Swim🏊: Splash into fun and fitness with this 60-minute group fitness class designed to bring out your inner swim child and boost aquatic fitness. This class is built around fun group swim challenges like kickboard relays, dolphin dives to the wall, and beach ball races. These challenges create the perfect balance of cardio, strength, and social connection. Think of it as a pool field day for adults! Participants will build endurance, swim skills, and water confidence. ***While no formal swim training is needed, it is recommended that class participants can independently swim the length of the pool. Not quite there yet? Build your skills with an Adult Learn-to-Swim training package from Coach Kat.***

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.

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!

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

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.

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. ***Not recommended during pregnancy. Please consult your physician.***

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 \$10.00 + tax for Wilson's members and \$20.00 + tax for 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 Meghan Bratkowski at mbratkowski@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.

For more information about group fitness, please contact Meghan Bratkowski at
mbratkowski@wilsonsfitness.com