



# WILSON'S FITNESS CENTERS

## Specialty Group Fitness Classes

### Winter Schedule

effective January 5, 2026

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
5:30 - 6:15 am	RRX*	Shannon Bahadori	Forum RRX
5:30 - 6:15 am	Hot Barre*	Candice Swee	Forum Hot
9:00 - 9:55 am	Barre Fitness*	Becky Nielsen	Forum Hot
10:15 - 11:15 am	Fusion Hot 60*	Emily Beydler	Forum Hot
11:30 - 12:30 pm	Yin Yoga*	Emily Beydler	Forum Mind Body
12:00 - 12:45 pm	Hot Pilates*	Lauren Dennings	Forum Hot
4:15 - 5:15 pm	Fusion Hot 60*	Erica Canlas	Forum Hot
5:30 - 6:30 pm	Hatha Yoga*	Raj Gupta	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	RRX*	Travis Ritter	Forum RRX
6:40 - 7:35 pm	TRX/Kettle* HH	Claire Schmidt	Rangeline Group
6:45 - 7:45 pm	Restorative Yoga*	Wende Wagner	Forum Mind Body
7:45 - 8:45 pm	YogaSculpt*	Briana Miller	Forum Hot
<b>TUESDAY</b>			
5:30 - 6:30 am	Fusion Hot 60*	Lisa Kent	Forum Hot
9:15 - 10:00 am	Hot Barre*	Catina Topash	Forum Hot
9:30 - 10:00 am	ABC Yoga*	DeAnna "Flo" Anglin	Rangeline Mind Body
9:30 - 10:30 am	Chair Yoga*	Erica Canlas	Forum Mind Body
10:15 - 11:15 am	Radiant Yoga*	Catina Topash	Forum Hot
12:00 - 12:45 pm	Pilates*	Jessica Edwards	Forum Mind Body
1:00 - 1:45 pm	TaiChi** Golden Hour	Lori Rawlings	Forum Mind Body
4:30 - 5:15 pm	Hot Barre*	Megan Carter	Forum Hot
5:30 - 6:30 pm	Fusion Hot 60*	Amy LaHue	Forum Hot
5:30 - 6:30 pm	Embodied Empowerment Yoga**	Stacey Throckmorton	Forum Mind Body
6:45 - 7:30 pm	YogaSculpt*	Amber Blumberg	Forum Hot
6:45 - 7:45 pm	Intro to Aerial Skills*	Ryan Kirby	Rangeline Mind Body
<b>WEDNESDAY</b>			
5:30 - 6:15 am	RRX*	Shannon Bahadori	Forum RRX
5:30 - 6:15 am	Hot Barre*	Emily Beydler	Forum Hot
6:15 - 7:15 am	Aerial Skills*	Cortney Spring	Rangeline Mind Body
8:30 - 9:25 am	Barre Fitness*	Becky Nielsen	Forum Hot
9:45 - 10:45 am	Fusion Hot 60*	Ariana Turner	Forum Hot
10:15 - 11:15 am	Breathwork & Somatic Movement*	Catina Topash	Forum Mind Body
4:15 - 5:15 pm	Fusion Hot 60*	Lauren Dennings	Forum Hot
5:30 - 6:15 pm	Hot Barre*	Robin May	Forum Hot
5:30 - 6:45 pm	Aerial and Hoop Skills*	Susan Zeng	Rangeline Mind Body

**WEDNESDAY (continued)**

5:45 - 6:30 pm	Total Body Row (TBR)*	Jenny Bossaller	Forum RRX
6:30 - 7:30 pm	Radiant Yoga*	Amber Blumberg	Forum Hot

**THURSDAY**

5:30 - 6:30 am	Fusion Hot 60*	Janette Keller	Forum Hot
9:15 - 10:00 am	Hot Barre*	Catina Topash	Forum Hot
10:15 - 11:15 am	Red Light Yin Yoga*	Catina Topash	Forum Hot
12:00 - 1:00 am	Fusion Hot 60*	Meghan Bratkowski	Forum Hot
1:00 - 1:45 pm	TaiChi** Golden Hour	Lori Rawlings	Mind Body
4:30 - 5:15 pm	Hot Pilates*	Jessica Edwards	Forum Hot
5:15 - 6:15 pm	Sculpt Flow*	Candice Swee	Forum Mind Body
5:30 - 6:45 pm	Fusion Hot 75*	Kelie Morgan/Emily Beydler	Forum Hot
6:30 - 7:30 pm	Aerial Hammock*	Molly Jones	Forum Mind Body
6:45 - 7:30 pm	Tailates*	Susan Zeng	Rangeline Mind Body
7:00 - 8:00 pm	Radiant Yoga*	Ryan Kirby	Forum Hot

**FRIDAY**

5:30 - 6:30 am	Radiant Yoga*	Della Long	Forum Hot
8:20 - 9:15 am	Barre Fitness*	Becky Nielsen	Forum Hot
9:30 - 10:30 am	Chair Yoga*	Della Long	Forum Mind Body
9:30 - 10:25 am	Total Body Row (TBR)*	Averyl Crouse	Forum RRX
9:30 - 10:30 am	Fusion Hot 60*	Lisa Kent	Forum Hot
12:00 - 12:45 pm	Hot Pilates*	Lauren Dennings	Forum Hot
4:15 - 5:15 pm	Fusion Hot 60*	Della Long	Forum Hot
5:30 - 6:30 pm	Red Light Yin Yoga*	Candice Swee	Forum Hot
5:30 - 6:30 pm	Aerial and Hoop Skills*	Molly Jones	Rangeline Mind Body

**SATURDAY**

8:00 - 9:00 am	Radiant Yoga*	Emily Beydler	Forum Hot
9:15 - 10:00 am	Hot Barre*	Briana Miller	Forum Hot
10:15 - 11:15 am	Yin Yoga*	Briana Miller	Forum Mind Body
10:30 - 11:30 am	Fusion Hot 60*	Megan Carter	Forum Hot
10:30 - 11:30 am	Aerial Skills*	Cortney Spring	Rangeline Mind Body

**SUNDAY**

10:30 - 11:25 am	Barre*	Fran Welek	Forum Hot
10:30 - 11:15 am	Pilates*	Jessica Edwards	Forum Mind Body
12:00 - 1:30 pm	Fusion Hot 90*	Patty Loehr	Forum Hot
3:00 - 4:00 am	Aerial Skills*	Lacey Randall	Rangeline Mind Body
5:00 - 6:00 pm	Radiant Yoga*	Raj Gupta	Forum Hot

\* Specialty Class

★ Due to limited space, this class requires signing up at the front desk up to 30 minutes 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! Please note this is just for our little yogis and is not a mommy-and-me 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

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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 and Hoop 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. An aerial hoop (lyra) may be used as an option for conditioning. **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 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.**

**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.

**Breathwork & Somatic Movement\*:** This practice will integrate powerful and cleansing Kriya based breathwork to elevate and clear energy pathways. We will then move deep into grounding and anchoring that energy into the soma/body through somatic yoga movements to recalibrate the mind, body, and energy connection. We will be using The Naboso Neuro ball (provided) which acts as a massage tool releasing the muscles, creates unique sensory stimulation textures that wake up and activate the nerve-dense surface of your skin, creating new neural pathways in the brain to create somatosensory awakening.

**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.

**Embodied Empowerment 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.

**Hatha Yoga\*:** This yoga practice will focus on physical yoga postures, Asana, and breath techniques, pranayama, to create a balance of body and mind.

**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.**

**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.**

**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 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.

**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!

**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.

**TaiChi\***: 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. **\*\*Golden Hour = \$10 for members and non-members (free for those with Passport membership)**

**Tailates\***: Create warmth and connection through TaiChi, then continue to create stability, strength, and centering with Pilates.

**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.

**TRX/Kettle\***: A fun, full-body workout, this class uses Total Resistance Exercise straps and the dynamic movements of kettlebell training to create strength and mobility while lifting the heart rate!

**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.

**YogaSculpt\***: A 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.**

**For more information about group fitness, please contact Meghan Bratkowski at [mbratkowski@wilsonsfitness.com](mailto:mbratkowski@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 \$15.00 + tax for Wilson's members and \$20.00 + tax for 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](http://wilsonsfitness.com/buy-now/member-self-service).
- See CLASS ENROLLMENT below.
- For more information about group fitness, contact Meghan Bratkowski at [mbratkowski@wilsonsfitness.com](mailto: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.