



WILSON'S FITNESS CENTERS

Forum Group Fitness Classes

Summer Schedule

effective June 1, 2026

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
5:30 - 6:30 am	BODYPUMP HEAVY	Colleen Burns	Group
5:30 - 6:15 am	RRX*	Shannon Bahadori	RRX
5:30 - 6:15 am	Hot Barre*	Candice Swee	Hot
8:15 - 9:00 am	LES MILLS DANCE	Katie Tillman	Group
9:00 - 9:55 am	Barre Fitness*	Becky Nielsen	Hot
9:00 - 10:00 am	Extreme H2O	Carey Henson	Pool
9:05 - 9:50 am	RPM*	Betty Bohon	RRX
9:05 - 10:00 am	Strength & Step	Fran Welek	Group
10:15 - 11:00 am	LES MILLS SHAPES	Meghan Bratkowski	Group
10:15 - 11:15 am	Fusion Hot 60*	Emily Beydler	Hot
11:30 - 12:30 pm	Yin Yoga*	Emily Beydler	Mind Body
12:00 - 12:45 pm	Hot Pilates*	Lauren Dennings	Hot
4:15 - 5:15 pm	Fusion Hot 60*	Della Long	Hot
4:30 - 5:15 pm	BODYATTACK Express	Patty Loehr	Group
5:30 - 6:30 pm	Hatha Yoga*	Raj Gupta	Mind Body
5:30 - 6:15 pm	Hot Barre*	Robin May	Hot
5:30 - 6:30 pm	USMS Practice-Recess Relays*	Kathryn Fishman-Weaver	Pool
5:30 - 6:30 pm	BODYPUMP	Patty Loehr	Group
5:40 - 6:25 pm	RPM*	Travis Ritter	RRX
6:30 - 7:30 pm	Radiant Yoga*	Cindy Brengarth	Hot
6:40 - 7:25 pm	RRX*	Travis Ritter	RRX
6:45 - 7:15 pm	GRIT	Sarah Ford	Group
6:45 - 7:45 pm	Restorative Yoga*	Wende Wagner	Mind Body
7:45 - 8:45 pm	YogaSculpt*	Briana Miller	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
8:25 - 9:25 am	Yoga	Joy Millard	Group
9:15 - 10:00 am	Hot Barre*	Catina Topash	Hot
9:30 - 10:30 am	Chair Yoga*	Amy LaHue	Mind Body
9:45 - 10:45 am	BODYCOMBAT	Emily Smith	Group
10:00 - 11:00 am	Aqua Stretch, Flex, & Balance	Amy Antes	Pool
10:15 - 11:15 am	Radiant Yoga*	Catina Topash	Hot

TUESDAY (continued)

11:00 - 12:00 pm	BODYPUMP	Claire Schmidt	Group
12:00 - 12:45 pm	Pilates*	Jessica Edwards	Mind Body
1:00 - 1:45 pm	TaiChi** Golden Hour	Lori Rawlings	Mind Body
4:15 - 5:15 pm	Yoga	Hannah Babcock	Group
4:30 - 5:15 pm	Hot Barre*	Megan Carter	Hot
5:30 - 6:30 pm	Fusion Hot 60*	Amy LaHue	Hot
5:30 - 6:15 pm	HIGH Fitness	Lucia Freeman	Group
5:30 - 6:30 pm	Embodied Empowerment Yoga**	Stacey Throckmorton	Mind Body
5:30 - 6:25 pm	Journey♣	Chuck Archer	RRX
6:45 - 7:30 pm	YogaSculpt*	Amber Blumberg	Hot

WEDNESDAY

5:30 - 6:30 am	BODYPUMP	Darla Tharp	Group
5:30 - 6:15 am	RRX*	Shannon Bahadori	RRX
5:30 - 6:15 am	Hot Barre*	Emily Beydler	Hot
7:00 - 8:00 am	USMS Practice-Strength by Technique♣	Lauren Ries	Pool
8:30 - 9:25 am	Barre Fitness*	Becky Nielsen	Hot
8:50 - 9:35 am	HIGH Fitness	Jenna Rose	Group
9:00 - 10:15 am	Aqua ICE	Barb Buchanan	Pool
9:05 - 9:50 am	RPM♣	Betty Bohon	RRX
9:45 - 10:40 am	Total Body Workout (TBW)	Becky Nielsen	Group
9:45 - 10:45 am	Fusion Hot 60*	Ariana Turner	Hot
10:15 - 11:15 am	Breathwork & Somatic Movement*	Catina Topash	Mind Body
12:00 - 12:45 pm	RPM♣	Lauren Hilton	RRX
4:15 - 5:15 pm	Fusion Hot 60*	Catina Topash	Hot
4:30 - 5:15 pm	LES MILLS DANCE	Kelly Howe	Group
5:30 - 6:15 pm	Hot Barre*	Robin May	Hot
5:30 - 6:30 pm	BODYPUMP	Vesta Hotchkiss/Jess Soete	Group
5:45 - 6:30 pm	Total Body Row (TBR)*	Jenny Bossaller	RRX
6:30 - 7:30 pm	Hot Flow 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
8:25 - 9:25 am	Yoga	Joy Millard	Group
9:00 - 10:00 am	Aqua Core & More	Carey Henson	Pool
9:15 - 10:00 am	Hot Barre*	Catina Topash	Hot
9:15 - 10:00 am	RPM♣	Aubrey Babcock	RRX
9:35 - 10:20 am	LES MILLS DANCE	Katie Tillman	Group
10:15 - 11:15 am	Red Light Yin Yoga*	Catina Topash	Hot
11:00 - 12:00 pm	BODYPUMP	Lauren Dennings	Group
1:00 - 1:45 pm	TaiChi** Golden Hour	Lori Rawlings	Mind Body
4:30 - 5:15 pm	Hot Pilates*	Jessica Edwards	Hot
4:30 - 5:30 pm	Sculpt Flow*	Candice Swee	Mind Body
5:30 - 6:45 pm	Fusion Hot 75*	Kelie Morgan/Emily Beydler	Hot
5:30 - 6:15 pm	HIGH Fitness	Lucia Freeman	Group
5:40 - 6:25 pm	RPM♣	Patty Loehr	RRX
5:45 - 6:45 pm	Aerial Hammock*	Molly Jones	Mind Body
6:20 - 6:50 pm	GRIT	Eric & Amber Blumberg	Group

FRIDAY

5:30 - 6:30 am	BODYBALANCE	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	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	Pool
9:05 - 10:00 am	Cardio Step	Fran Welek	Group
9:30 - 10:30 am	Chair Yoga*	Erica Canlas	Mind Body
9:30 - 10:30 am	Fusion Hot 60*	Lisa Kent	Hot
10:15 - 11:15 am	Total Body Workout (TBW)	Jenna Rose	Group
12:00 - 12:45 pm	RPM ☼	Lauren Hilton	RRX
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 ☼	Paul Cornell	RRX
8:00 - 9:00 am	Radiant Yoga*	Emily Beydler	Hot
8:25 - 9:25 am	Total Body Workout (TBW)	Cindy Brengarth/Chuck Archer	Group
9:15 - 10:00 am	Hot Barre*	Briana Miller	Hot
9:30 - 10:30 am	BODYCOMBAT	Sarah Henley/Li Li	Group
10:15 - 11:15 am	Yin Yoga*	Briana Miller	Mind Body
10:30 - 11:30 am	Fusion Hot 60*	Megan Carter	Hot
10:35 - 11:05 am	GRIT	Eric & Amber Blumberg	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 ☼	Paul Cornell	RRX
12:00 - 1:15 pm	Fusion Hot 75*	Ariana Turner/Candice Swee	Hot
12:40 - 1:40 pm	BODYPUMP	Jess Soete	Group
3:30 - 4:30 pm	Yoga	Jenny Bossaller/Anne Janku	Group
5:00 - 6:00 pm	Radiant Yoga*	Raj Gupta	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

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.**

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.

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

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.

Aqua Stretch, Flex, & Balance: This class varies with each session—it's always something new! We will have periods of stretching throughout the hour as we work on core/hip/pelvis strength and flexibility by increasing range of motion, mobility, and balance. Cardio circuits are built in to keep you moving, to add variety, and to address other areas of the body.

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.

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)

BODYPUMP HEAVY: The new workout of the decade. Tempo-based weightlifting with traditional lifting techniques, slow moves and long recoveries. It's challenging, energizing and builds lean muscle like nothing else. Serious strength training made simple and fun. No intimidation, just science-backed heavy lifting, iconic music and addictive energy.

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)

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.

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.

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.**

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

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!

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 Flow Yoga*: A 60-minute heated vinyasa experience designed to build strength, mobility, and endurance through creative, continuously flowing movement. Set in a room heated to 102-105 degrees with added humidity, this class combines energizing sequences with modern, mood-setting playlists for an immersive and empowering experience. This dynamic flow is suitable for all levels. **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.**

Journey🚴: A 55-min combo of intervals and hill training for the cycling enthusiast or anyone who likes to sweat.

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.

LES MILLS SHAPES: This is the workout you never knew you needed. An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

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.

RPM*: This indoor-cycling class rides 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.

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.

Strength & Step: Easy to follow step moves combined with strength training exercises, using bands and weights.

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)**

Total Body Circuit (TBC): Strength-train your entire body using heavy weights. Exercises will be performed one after another in a circuit style with little rest. We will do several super sets using bars, dumbbells and plates.

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.

USMS Practice-Recess Relays*: All swimmers are invited to join us for this Nomads swim practice! Our Nomads swim group is a registered USMS practice group with Missouri Valley. However, you don't have to be a registered USMS swimmer to join us. For more information on becoming a registered Nomad swimmer, please talk to Coach Kat! Splash into fun and fitness with our 60-minute swim practice. Each week, this practice is built around fun, fitness, and challenge. You can think of it as a pool field day for adults! With differentiated options for all levels, we work hard, play hard, and build endurance. While no formal swim training is required, participants should be able to independently swim the length of the pool. Not quite there yet? Build your skills with an Adult Learn-to-Swim training package with Coach Kat.

USMS Practice-Strength by Technique*: Anyone and everyone is invited to join in on this Nomads swim practice! Our Nomads group is a registered USMS practice group with Missouri Valley. However, you do not need to be a registered USMS swimmer to join us. For more information on being a registered Nomad swimmer, please talk to Coach Lauren! Looking for a challenge? This class is focused on improving our technique, endurance, and speed while getting fit in the water. Recommended for individuals with experience in swimming, water polo, or triathlons, and who have the ability to swim 50 yards unassisted.

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 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 with 40% humidity 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

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.
- 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.