WILSON'S FITNESS CENTERS

Rangeline Group Fitness Classes

Fall Schedule **effective August 24, 2026**

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
9:15 - 10:00 am	BODYPUMP Express	Hadas Downey	Group
12:00 - 1:00 pm	LES MILLS CORE 45 + Strength	Emily Smith	Group
4:30 - 5:15 pm	BODYPUMP Express	Claire Schmidt	Group
5:30 - 6:30 pm	BODYSTEP	Claire Schmidt	Group
5:30 - 6:30 pm	Yoga	Chris Kelly-Gwartney	Mind Body
6:40 - 7:25 pm	TRX/Kettle* HH	Tia Wood	Group
TUESDAY			
5:30 - 6:30 am	BODYPUMP	Becky Heins	Group
9:30 - 10:00 am	ABC Yoga*	DeAnna "Flo" Anglin	Mind Body
11:00 - 11:45 am	LES MILLS SHAPES	Meghan Bratkowski	Group
12:00 - 1:00 pm	BODYBALANCE	Meghan Bratkowski	Group
5:30 - 6:30 pm	BODYPUMP HEAVY	Colleen Burns	Group
5:30 - 6:30 pm	Yoga	Anne Janku	Mind Body
6:40 - 7:10 pm	GRIT	Colleen Burns	Group
6:45 - 7:45 pm	Intro to Aerial Skills*	Ryan Kirby	Mind Body
WEDNESDAY			
5:30 - 6:00 am	GRIT	Sarah Ford	Group
9:30 - 10:15 am	LES MILLS DANCE	Kortney Nichols	Group
12:00 - 1:00 pm	BODYPUMP	Meghan Bratkowski	Group
4:30 - 5:15 pm	KettleWorX	Cindy Brengarth	Group
5:30 - 6:15 pm	BODYCOMBAT Express	Claire Schmidt	Group
5:30 - 6:45 pm	Aerial and Hoop Skills*	Susan Zeng	Mind Body
6:20 - 6:50 pm	SOULfusion	Kim Cook	Group
THURSDAY			
5:30 - 6:30 am	BODYPUMP	Becky Heins	Group
12:00 - 1:00 pm	Yoga	Anne Janku/DeAnna "Flo" Anglin	Group
5:30 - 6:30 pm	Yoga	Chris Kelly-Gwartney	Mind Body
5:30 - 6:30 pm	BODYPUMP	Colleen Burns/Addie Colbert	Group
6:40 - 7:40 pm	BODYJAM	Kimberly Uffmann	Group
FRIDAY			
5:45 - 6:30 am	BODYPUMP Express	Hadas Downey	Group
9:30 - 10:15 am	LES MILLS DANCE	Kortney Nichols/Kelly Howe	Group
12:00 - 1:00 pm	BODYPUMP	Candace Kauffman	Group
5:00 - 6:00 pm	Total Body Workout (TBW)	Brenda Brown	Group
5:30 - 6:30 pm	Aerial Skills*	Molly Jones	Mind Body

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SATURDAY			
8:00 - 9:00 am	Gentle Yoga	Wende Wagner	Mind Body
8:40 - 9:25 am	BODYSTEP Express	Claire Schmidt	Group
9:45 - 10:45 am	BODYPUMP	Vesta Hotchkiss	Group
SUNDAY			
12:00 - 12:30 pm	GRIT	Paige Duca	Group
12:40 - 1:40 pm	BODYJAM	Kimberly Uffmann	Group
1:45 - 2:45 pm	BODYBALANCE	Lacey Randall	Group
3:00 - 4:00 pm	Aerial Skills*	Lacey Randall	Mind Body

* *Specialty Class*

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

CLASS DESCRIPTIONS

WILSON'S ON RANGELINE
2601 Rangeline St.
Columbia, MO 65202
(573) 443-4242

HOURS
Mon – Th 4:00 am -10:00 pm
Friday 4:00 am - 9:00 pm
Saturday 7:00 am - 8:00 pm
Sunday 10:00 am - 9:00 pm

Dawn Stephens, Director
dstephens@wilsonsfitness.com

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 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. Minimum age of 14.**

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. Minimum age of 14.**

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 martials arts and drawing from an array of disciplines such as Karate, Kickboxing, Taekwondo, Thai Chi & Muay Thai. (Express = 30 or 45 minutes)

BODYJAM: Lose yourself in the dance-inspired cardio workout to the latest dance styles and hottest new sounds and burn up to 800 calories in the fastest 60 minutes you've ever worked out!

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)

Gentle Yoga: Begin with full yogic breathing followed by various stretching and warm-up postures to develop flexibility and turn one's attention inward. Progress through sun salutations in a slow and methodical manner to synchronize breath with movement, and create heat in the body. Join with spinal twists, shoulder stand and a final posture before going into relaxation pose with guided meditation. Appropriate for all levels of experience and practice. Class length is 60 minutes

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.

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. Minimum age of 14.**

KettleWorX: This high-energy 45-minute routine utilizes the kettlebell. Choose your weight by color of kettlebell to custom fit this dynamic workout. Focus is on total body fat burning, toning and sculpting, and core strengthening.

LES MILLS CORE + Strength: This 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.

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.

SOULfusion: A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music! All fitness levels welcome.

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

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!

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.

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.