

December 4th, 2009

Wilson's Fitness Centers



Wilson's News

Wilson's Gift Cards

Give the gift of health!

Not sure what to give that special person this year? We have your solution: Membership to Wilson's or FIT, a season of summer fun at the Beach Club or MAC Summer Club, personal training, a massage, swim lessons or a soccer session. The possibilities are almost endless! Gift cards are available to purchase for any denomination through our web site and at any of our fitness locations.

[Purchase Gift Card](#)

Food Bank Volunteers

Saturday December 5th 9:00am - 11:00am

Each month Wilson's puts together a volunteer group of 8 or more people to help the Central Missouri Food Bank provide food for those in need. All Wilson's/MAC/FIT members, staff and their family and friends are welcome to join us. We hope to see you there!

Contact: lflorea@wilsonsfitness.com

Wilson's In The District

Open House Friday December 4th 3-6pm

Opening Day Monday December 7th (soft opening)

You will love this exciting one of a kind fitness facility! [District Updates](#)
111 Orr St. Contact: Tia Casady tcasady@wilsonsfitness.com

Upcoming Les Mills Launches

[December 6th Body Jam & Body Attack at the District](#)

[December 12th RPM at Forum](#)

[December 13th Body Pump at the District](#)

Parent's Night Out

Friday December 11th 4pm - 10pm

All Kids are invited to come to FIT/MAC on Friday evening for a night full of activities. [More Information](#)

Contact: Dawn Stephens dstephens@wilsonsfitness.com

MAC Day Camps and Snow Day Camps

Next Date: December 21st 8am - 5pm

Do your kids need something to do when school is out for a scheduled day off or maybe that unexpected snow day? Bring your campers K-6th grade to the MAC for soccer, field games, crafts, swimming and fun all day! Print your [Day Camp Registration](#)

contact: Adam Booth (573) 442-KICK a booth@soccermac.com

F.I.T. Who's Your Santa?

We'll talk to Santa for you!

Santa cards are available at FIT. Just fill one out with your wishes and we'll make sure your special Santa knows exactly what you're hoping for this year. Contact: jhuebert@wilsonsfitness.com

Holiday Hours

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Wilson's On Forum

2902 Forum Blvd
(573) 446-3232

Wilson's On Vandiver

203 E. Leslie Ln.
(573) 443-4242

Wilson's In The District

111 Orr St.
(573) 777-6700

F.I.T.

Powered By Wilson's

2900 Forum Blvd
(573) 449-2606

The MAC

Powered By Wilson's

2900 Forum Blvd
(573) 449-2606 swim
(573) 442-KICK soccer

Wilson's Corporate

Opportunities

corporate@wilsonsfitness.com

Wilson's on Forum

December 24th 5am - 2pm December 25th CLOSED
December 31st 5am - 4pm January 1st CLOSED

Wilson's on Vandiver

December 24th CLOSED December 25th CLOSED
December 31st 4am - 2pm January 1st CLOSED

Wilson's In The District

December 24th 5am - 12pm December 25th CLOSED
December 31st 5am - 2pm January 1st CLOSED

F.I.T

December 24th CLOSED December 25th CLOSED
December 31st 6am - 2pm January 1st CLOSED

JP & Neisha's Holiday Fitness Tips

10 Tips for a Healthier Holiday

Wilson's Biggest Loser

Starts January 5th

This is a 10 week group training program with meal plan and nutrition guidance. Every location will have teams, with both morning and evening slots. Members and non-members welcome. Spots are filling up fast so get signed up today!! For details call 446-3232 and ask for Neisha or JP.

nhairston@wilsonsfitness.com or jphillips@wilsonsfitness.com

Boot Camp Begins!

January 11th - Featuring new "Liquid Boot Camp"

Contact: ctopash@wilsonsfitness.com

MAC Swim Lessons

Group lessons, private lessons, semi-private lessons or small group lessons for all ages and ability levels Visit us: [MAC Swimming](#)

Contact: Anne Sievers (573) 449-2606 asievers@wilsonsfitness.com

MAC Soccer Programs

All ages and ability levels. Visit us: [MAC Soccer](#)

Contact: Adam Booth (573) 442-KICK or abooth@soccermac.com

Inclement Weather Information

When road conditions are bad and especially if Columbia Public Schools are closed, be sure to call your club or listen to KFRU and channels 8 and 17 for any closures or cancellations before you drive.

We wish you all a Safe and Happy Holiday Season
To Your Good Health!
Wilson's Fitness Centers

Wilson's Newsletter
Contact: Lara Florea lflorea@wilsonsfitness.com