

WILSON'S FITNESS CENTERS



RANGELINE GROUP FITNESS

FALL SCHEDULE

EFFECTIVE SEPTEMBER 9, 2024

TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY			
9:15 - 10:00 am	Studio Barre* HH	Meghan Bratkowski	Mind Body
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 - 6:25 pm	Journey🌀	Chuck Archer	Cycling
5:30 - 6:30 pm	Yoga	Renee Jeffries	Mind Body
6:40 - 7:35 pm	TRX/Kettle* HH	Tia Wood	Group
TUESDAY			
5:30 - 6:30 am	BodyPump	Becky Heins	Group
9:30 - 10:15 am	BodyAttack Express	Claire Murray	Group
9:30 - 10:00 am	ABC Yoga*	DeAnna "Flo" Anglin	Mind Body
12:00 - 1:00 pm	BodyFlow	Meghan Bratkowski	Group
5:30 - 6:30 pm	BodyPump	Colleen Burns	Group
5:30 - 6:30 pm	Yoga	Kate Lickert	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			
6:00 - 6:45 am	Total Body Workout (TBW)	Tia Wood	Group
6:15 - 7:15 am	Aerial Skills*	Cortney Spring	Mind Body
9:30 - 10:15 am	Total Body Row (TBR)* HH	Tia Wood	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	Amanda Mielke	Group
5:30 - 6:25 pm	Journey🌀	Chuck Archer	Cycling
5:30 - 6:45 pm	Aerial and Hoop Skills*	Susan Zeng	Mind Body
6:30 - 7:30 pm	BodyJam	Kimberly Uffmann	Group
THURSDAY			
5:30 - 6:30 am	BodyPump	Becky Heins	Group
10:30 - 11:30 am	Aerial Yoga*	Ryan Kirby	Mind Body
12:00 - 12:30 pm	ABC Yoga*	DeAnna "Flo" Anglin	Mind Body
12:00 - 1:00 pm	Yoga	Ryan Kirby	Group
5:30 - 6:30 pm	Yoga	Chris Kelly-Gwartney	Mind Body
5:30 - 6:30 pm	BodyPump	Colleen Burns/Claire Schmidt	Group
6:40 - 7:25 pm	Total Body Row (TBR)* HH	Andrew Willingham	Group
FRIDAY			
9:30 - 10:15 am	Total Body Row (TBR)* HH	Claire Murray	Group
11:00 - 11:45 am	RPM🌀	Meghan Bratkowski	Cycling
12:00 - 1:00 pm	BodyPump	Meghan Bratkowski	Group
5:00 - 6:00 pm	Total Body Workout (TBW)	Brenda Brown	Group
5:15 - 6:30 pm	Aerial and Hoop Skills*	Susan Zeng	Mind Body
SATURDAY			
8:15 - 9:15 am	Gentle Yoga	Renee Jeffries	Mind Body
8:40 - 9:25 am	BodyStep Express	Claire Schmidt	Group

Revision Date: 09/02/24

SATURDAY (continued)

9:00 - 9:55 am	Journey🌟	Chuck Archer	Cycling
9:45 - 10:45 am	BodyPump	Vesta Hotchkiss	Group
11:00 - 12:00 pm	Aerial Skills*	Cortney Spring	Mind Body

SUNDAY

11:45 - 12:30 pm	HIGH Fitness	Lucia Freeman	Group
12:40 - 1:40 pm	BodyJam	Kimberly Uffmann	Group
1:45 - 2:45 pm	BodyFlow	Lacey Randall	Group
3:00 - 4:00 pm	Aerial Skills*	Lacey Randall	Mind Body
7:30 - 8:30 pm	Yin Yoga*	Abbie Kauffman	Mind Body

* Specialty class

🌟 Due to limited space, this class requires sign-up at front desk 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!

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.**

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 = 45 minutes)**

BodyCombat: This fiercely energetic, empowering cardio workout is inspired by martial arts and draws from an array of disciplines such as Karate Boxing, Taekwondo, Tai Chi and Muay Thai. **(Express = 45 minutes)**

BodyFlow: A yoga, tai chi, Pilates workout that builds flexibility and strength, leaving you feeling centered and calm in one hour. **(Express = 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! **(Express = 45 minutes)**

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

HOURS
 Mon - Thurs 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

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 60-minute workout using the step. Expect to achieve toning for the lower body, increased cardio fitness 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 on the planet, is the fastest way to get fit and in shape. 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. Participants ages 10-13 must have parent sit outside studio during class.***

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

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, and the full body. Be better at all you do with a stronger core!

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**)

Studio Barre*: A fast and effective way to change the shape of your body. The use of a ballet barre and small isometric movements, along with stretching, allows your body to become more lifted, toned, and lengthened.

Total Body Row (TBR)*: TBR is a 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, kettlebells & 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!

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: This 60-minute class provides focused practice that strengthens and tones muscles, increases bone density and establishes correct body alignment through asanas, breathing techniques, warm ups and relaxation. (**Express = 45 minutes**)

For more information about group fitness, please contact Catina Topash at ctopash@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 \$8.50 + tax for Wilson's members and \$17.00 + tax for non-members.
- HH = Happy Hour. Happy hour classes are \$8.00 + tax for members *and* 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 Catina Topash at ctopash@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 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.