



# AMRAP FITNESS

Effective February, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 6:00am	5:00am - 6:00am	5:00am - 6:00am	5:00am - 6:00am	5:00am - 6:00am		
6:00am - 7:00am 2/8- Obstacle Course	6:00am - 7:00am STRENGTH TRAINING	6:00am - 7:00am	6:00am - 7:00am STRENGTH TRAINING	6:00am - 7:00am		
7:00am - 8:00am 2/8- Obstacle Course	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am		
					8:00am-9:00am MOBILITY TRAINING	
8:30am – 9:30am	8:30am – 9:30am	8:30am – 9:30am 2/20- Obstacle Course	8:30am – 9:30am	8:30am – 9:30am		
					9:00am-10:00am	9:00am-10:00am
9:30am – 10:30am	9:30am – 10:30am Metabolic Training	9:30am – 10:30am 2/20- Obstacle Course	9:30am – 10:30am Metabolic Training	9:30am – 10:30am		
4:30pm – 5:30pm STRENGTH TRAINING	4:30pm – 5:30pm STRENGTH TRAINING		4:30pm – 5:30pm STRENGTH TRAINING	4:30pm – 5:30pm STRENGTH TRAINING		
			5:30pm – 6:30pm AMRAP KIDS Starting 2/7			

**AMRAP GAMES WILL TAKE PLACE ON FRIDAYS 2/22-3/22**

**Obstacle Course on 2/8 & 2/20 will be a complimentary class for Vision Members, friends, family and co-workers**

37 W. JEFFERSON AVE. PEARL RIVER, NY 10965    845-517-1400    WWW.VISIONSPORTSCLUB.COM