

EFFECTIVE MAY 2019

- Members & Guests Ages 16 years and older are welcome to participate in classes on this schedule.
- Members and Guests Ages 15 years must be approved for gym floor. 14 and younger have their own schedule and are not permitted to participate in classes on this schedule. (unless noted)
- Classes and instructors are subject to change without notice.
- Classes are evaluated based on attendance. If a class has poor attendance, it can be changed and/or may be subject to cancellation.
- Cell phones are not permitted in any GroupX classes. Personal belongings need to be left in the locker room, not brought to class.
- You must be in the facility in order to check in for any GroupX class. Spin bikes may not be reserved for members that are not in the facility.

Club Hours

Monday-Thursday
Friday
Saturday/Sunday

4:30am-11:00pm
4:30am-10:00pm
6:00am-6:00pm / 6:00am-4:00pm

ChildCare Hours

Mon-Thurs

8:30am-12:30pm & 4:00pm-7:45pm

Friday

8:30am-12:30pm

Saturday/Sunday

8:00am-12:15pm

Youth Fit Zone Hours

Monday-Friday

4:00pm – 7:30pm

Saturday

9:00am-12:00pm

Sunday

Closed

AMRAP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	5:00am	5:00am	5:00am	5:00am		
6:00am	6am- STRENGTH	6:00am- PRIVATE TRAINING	6am- STRENGTH	6:00am		
7:00am	7:00am	7:00am	7:00am	7:00am		
8:30am	8:30am	8:30am	8:30am	8:30am	8:00am- MOBILITY	
9:30am	9:30am- Metabolic	9:30am	9:30am- Metabolic	9:30am	9:00am	9:00am
4:30pm - STRENGTH	4:30pm - STRENGTH		4:30pm - STRENGTH	4:30pm-STRENGTH	10:00am	
			5:30pm- AMRAP KIDS			

Wounded Warriors Workout- 5/31 10:30am-12:30am

Obstacle Course: By Appointment Only - Schedule with Ray- Raytraitz@visionsc.com 845.517.1422



SPECIALTY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:00am- 7:00am TRX- Ed			
						10:00am -11:00am KettleBell- Dan
5:00pm - 6:00pm KettleBell- Dan		6:15pm - 7:15pm KettleBell- Dan				



YOUTH FIT ZONE SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
4PM	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	9AM	WORKOUT OF THE DAY
4:30PM	UPPER BODY PUSH/PULL	TRAMPOLINE (USZ)	BUBBLE BALL (SPORTS ZONE) 4:30-5:30	SPIN (SPIN ROOM)	TONE IT UP	10AM	FIT GAMES
5PM	ANIMAL ACT (TRACK TURF)	FIT GAMES		FIT GAMES	FIELD DAY GAMES (USZ)	11AM	HIIT TRAINING
5:30PM	CIRCUIT (TRACK TURF) 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	WORKOUT OF THE DAY 6:00-6:45	12PM	CLOSED
6PM							CLOSED
6:30PM	FIT GAMES 6:45-7:30	CORE & MORE 6:45-7:30	FIT GAMES 6:45-7:30	FLEX & MOBILITY 6:45-7:30	FIT GAMES 6:45-7:30	1PM	CLOSED
7PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		CLOSED