



SPECIALTY TRAINING CLASS SCHEDULE: EFFECTIVE AUGUST 2017

SPECIALTY TRAINING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:00am- 7:00am TRX Circuit Fusion/Cardio Ed			
			9:30am- 10:30am TRX Circuit Fusion/Cardio Ed/Jordan	9:15am- 10:15am KettleBell Circuit Dan		10:00am -11:00am KettleBell Circuit Dan
5:00pm - 6:00pm KettleBell Circuit Dan		6:15pm - 7:15pm KettleBell Circuit Dan				

**All classes to be held on the track/turf.*

CLASS DESCRIPTIONS:

TRX Circuit Fusion/Cardio	A fast and effective total-body workout that builds power, strength, flexibility, balance, mobility, and prevents injuries, mixed with interval cardio training.
KettleBell Circuit	Train with Vision's own KettleBell Master, Dan Scott. Discover the ultimate tool for extreme all-around strength and endurance while stripping unwanted body fat faster than traditional workouts.

*An instructor may be substituted when necessary