



## CLASS SCHEDULE VIRTUAL VISION SCHEDULE EFFECTIVE OCTOBER 26, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:30am - 9:15am <b>CARDIO KICK</b> Heather G		8:30am - 9:15am <b>ZUMBA</b> Heather G		
9:15am – 10am <b>PILATES</b> Heather G	9:00am - 9:45am <b>BARRE</b> Heather G		9:00am - 9:45am <b>BARRE</b> Heather G	<b>9:20 – 10:05am</b> <b>PILATES</b> Heather G		
10am - 10:45am <b>UPPER BODY STRENGTH</b> Mary M	10am - 10:30am <b>ABS BLASTER 30</b> Mary M	10:30 - 11:15am <b>YOGA</b> Donna H	10am - 10:45am <b>STRENGTH &amp; MOBILITY</b> Rose F	10:15am - 11am <b>BOOTY CIRCUIT</b> Mary M		
	11am - 11:45am <b>YOGA/PILATES FUSION</b> Rose F				11am-11:45am <b>YOGA</b> Julie H	10:45-11:30am <b>YOGA</b> Rose F
	12pm - 12:45pm <b>FIT HIIT</b> Eric N		12pm - 12:45pm <b>TOTAL BODY</b> Eric N	12pm - 12:45pm <b>STRENGTH &amp; TONE</b> Eric N		
4:30pm - 5:15pm <b>TOTAL BODY</b> Eric N	5:30pm - 6:15pm <b>CARDIO DANCE</b> Stephanie	4:30pm –5:15pm <b>STRENGTH &amp; TONE</b> Eric N	5:30pm - 6:15pm <b>ZUMBA</b> Heather G			
<b>ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED.</b>					<b>SUGGESTED EQUIPMENT -</b> Weights & Bands but not required.	
<b>JOIN US IN PERSON! FREE IN-FACILITY CLASSES 11/2-11/8</b> Sanitized & Social Distanced. Complimentary IN-FACILITY Classes for our Virtual Members & Members on Freeze						

Virtual Classes available to ACTIVE Vision members. Contact Sales if interested in signing up for a Virtual Vision ONLY membership if your in-facility membership is inactive. 845-517-1400 or [info@visionsc.com](mailto:info@visionsc.com)

*We will be adding classes as the program grows!*

