



CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30am - 7:15am WAKEUP HIIT Heather G				
		8:30am - 9:15am CARDIO KICK Heather G		8:30am - 9:15am ZUMBA Heather G		
9:15am – 10am PILATES Heather G	9:00am - 9:45am BARRE Heather G		9:00am - 9:45am BARRE Heather G	9:15am – 10am PILATES Heather G		
10am - 10:45am UPPER BODY STRENGTH Mary M	10am - 10:30am ABS BLASTER 30 Mary M	10:30 - 11:15am YOGA Donna H	10am - 10:45am STRENGTH & MOBILITY Rose F	10:15am - 11am BOOTY CIRCUIT Mary M		
	11am - 11:45am YOGA/PILATES FUSION Rose F				11am-11:45am YOGA Julie H	10:45am-11:30am YOGA Rose F
12pm - 12:45pm TOTAL BODY Eric N	12pm - 12:45pm FIT HIIT Eric N	12pm - 12:45pm STRENGTH & TONE Eric N	12pm - 12:45pm TOTAL BODY Eric N	12pm - 12:45pm STRENGTH & TONE Eric N		
	5:30pm - 6:15pm CARDIO DANCE Stephanie H		5:30pm - 6:15pm PILOXING Heather G			
ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED.					SUGGESTED EQUIPMENT - Weights & Bands but not required.	

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
We will be adding classes as the program grows!