



SPECIALTY TRAINING CLASS SCHEDULE: EFFECTIVE APRIL 16, 2014

SPECIALTY TRAINING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am - 8:30am TRX Circuit Fusion/Cardio			6:00am- 7:00am TRX Circuit Fusion/Cardio			
9:45am-10:45am Strength Training 101	11:00am-12:00pm Hot Core		9:30am-10:30am Women Warriors		10:00am -11:00am Xtreme Circuit Training	10:00am -11:00am KettleBell Circuit
			11:00am-12:00pm Hot Core			
5:00pm - 6:00pm KettleBell Circuit	6:15pm-7:15pm Strength Training 101	6:15pm - 7:15pm KettleBell Circuit				

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

CLASS DESCRIPTIONS:

Women Warriors	A challenging women's group circuit style class that includes a mix of cardio, strength training, and mind-body practices such as yoga. Not designed for the beginner warrior.
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.
Xtreme Circuit Training	A challenging and intense total-body workout. High intensity, high energy, hardcore and hard hitting interval training. (Intermediate and advanced)
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.
Strength Training 101	Learn the basics of strength training and proper form to maximize your results. Discover how to customize a routine with circuit style workouts using all different types of equipment.
Hot Core	Small group training class. A core and muscle strengthening workout done in our heated Serenity Studio. Designed to improve core strength and fitness.
Prom Prep	Nutrition Do's and Don'ts and Boot Camp style training to have you Prom and Summer ready! Non- Prom goers welcome