

# Vision Sports Club GroupX Schedule

Effective June 4, 2018

Group Exercise Room						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am <b>AMP*D</b> (Track Turf) Julie H	8:30am -9:30am <b>Step &amp; Sculpt</b> Janice S	5:30am-6:30am <b>AMP*D</b> (Track Turf) Heather G	8:30am-9:30am <b>Vision Intervals</b> Siobhan O	5:30am-6:30am <b>AMP*D</b> (Track Turf) Janet D	7:30am-8:30am <b>AMP*D</b> (Track Turf) Heather G	9:00am-10:00am <b>Body Sculpt</b> Michael O
8:30am-9:30am <b>Cardio Shred</b> Siobhan O	9:15am-10:15am <b>Boot Camp</b> Stephanie R	8:15am-9:00am <b>CORE45</b> Maryellen M	8:30am-9:30am <b>Barre Workout</b> Heather G ( Track)	8:30am-9:00am <b>Core Express</b> Christine S	8:30am-9:30am <b>Lower Body Barre</b> Siobhan O	9:15am-10:30am <b>3 Rows of Fun!</b> Janice S
9:30am-10:30am <b>Tone it Up!</b> Christine S	9:30am-10:30am <b>Bosu Strength</b> Tiffany L	9:00am-9:30am <b>Butts &amp; Guts</b> Christine S	9:30am-10:30am <b>Power Strength</b> Stephanie	9:00am-10:00am <b>BOX! *</b> Janice S	9:00am-10:00am <b>Body Pump™</b> Trudi M	10:00am-11:00am <b>Dance Fusion</b> Aimee/Heather/Nick <a href="#">(SEE BELOW)</a>
12:00pm-12:45pm <b>Power Strength</b> Janice S	10:30am-11:00am <b>AbsBlaster30</b> Tiffany L	9:30am-10:30am <b>Jump! Upper Cuts</b> Janice S	9:30am-10:30am <b>Step &amp; Sculpt</b> Janice S	9:15am-10:15am <b>Total Vision</b> Christine S	9:30am-10:30am <b>Total Vision</b> Siobhan O	11:00am-12:00pm <b>Body Pump™</b> Jamie C
4:30pm-5:30pm <b>Sculpt &amp; Tone</b> Rose F	12:00pm-12:45pm <b>Young at Heart</b> Rose F	9:30am-10:30am <b>PUMPED!</b> Grace O	12:00pm-12:45pm <b>Young at Heart</b> Rose F	11:00am-11:45am <b>Young at Heart</b> Mary M	10:45am – 11:45am <b>ZUMBA™</b> Heather G	11:00am-12:00pm <b>Cardio Box</b> Andre D
5:45pm-6:15pm <b>AbsBlaster30</b> Rose F	5:30pm-6:30pm <b>Bosus &amp; Barbells</b> Janice S	4:30pm – 5:30pm <b>Barre Fusion</b> Rose F	4:30pm-5:30pm <b>Cardio Sculpt</b> Grace O	6:00pm-7:00pm <b>Circuit Breaker</b> Janice S		
6:30pm-7:30pm <b>JumpPump</b> Janice S	6:00pm-7:00pm <b>Hip Hop Funk</b> Cherisse D	5:15pm-5:45pm <b>Body Pump™</b> Trudi M	5:30pm-6:30pm <b>BOX!</b> Janice S			
6:30pm-7:30pm <b>Zumba</b> Nick M	6:45pm-7:45pm <b>BOX! *</b> Janice S	6:15pm-7:15pm <b>Dance Fusion</b> Aimee	6:15pm-7:15pm <b>Piloxing</b> Heather G			
7:15pm-8:15pm <b>Heavy Bags*</b> Andre D		6:30pm-7:30pm <b>3 Rows of Fun!</b> Janice S	6:45pm-7:45pm <b>Power Strength</b> Janice S			* Gloves required for BOX! & Heavy Bag classes
						Shading indicates class in Sports Zone Upper Level
Spin Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:45am <b>HIIT RIDE!</b> Mark A	5:45am-6:45am <b>RIDE!</b> Larry D	8:30am-9:15am <b>Vision Cycle</b> Larry D	5:45am-6:45am <b>HIIT RIDE!</b> Mark A	8:30am- 9:15am <b>HIIT Video Cycle</b> Lisa C	7:30am-8:15am <b>HIIT Video Cycle</b> Dorothy C	8:00am-9:00am <b>RIDE!</b> Michael O
8:30am-9:15am <b>Vision Cycle</b> MaryEllen M	8:30am-9:15am <b>HIIT Cycle</b> Tiffany L	9:30am-10:15am <b>Vision Cycle</b> Christine S	8:30am-9:15am <b>HIIT Video Cycle</b> Dorothy C	9:30am-10:15am <b>Vision Cycle</b> Jen G	8:30am-9:30am <b>RIDE!</b> Larry D	9:30am-10:15am <b>Vision Cycle</b> Christine S
9:30am-10:15am <b>HIIT Video Cycle!</b> Rebecca K	9:30am-10:15am <b>Vision Cycle</b> Lori F		9:30am-10:15am <b>Vision Cycle</b> Jen G			
4:30pm-5:15pm <b>Vision Cycle</b> Donna K	4:30 pm – 5:15 pm <b>HIIT Cycle</b> Justin C		6:00pm –6:45pm <b>HIIT Cycle</b> Diana G			
6:30pm-7:15pm <b>Vision Cycle</b> Larry D	6:00pm-6:45pm <b>Vision Cycle</b> Frank Tie					
Serenity Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am-8:00am <b>Serenity Yoga</b> Donna H	6:00am-7:00am <b>Sunrise Yoga</b> Louisa K	5:30am-6:30am <b>Serenity Yoga</b> Robert H	6:00am-7:00am <b>Sunrise Yoga</b> Robert H	6:00am-7:00am <b>Sunrise Yoga</b> Julie H	7:30am – 8:30am <b>Serenity Yoga</b> Judy J	7:15am-8:15am <b>Serenity Yoga</b> Danni D
9:00am-10:00am <b>Power Yoga</b> Donna L	9:15am-10:15am <b>Serenity Yoga</b> Louise D	9:00am-10:00am <b>Vinyasa Flow</b> Rob H	8:00am – 9:00am <b>Vinyasa Flow</b> Andrea C	8:30am-9:30am <b>Serenity Yoga</b> Nancy M	9:00am – 10:00am <b>Classic Yoga</b> Nancy M	9:00am-10:00am <b>Hot Detox Yoga</b> Andrea C
11:00am-12:00pm <b>Young at Heart Yoga</b> Rose F	12:30pm-1:30pm <b>Yoga 101</b> Andrea C	10:30am-11:30am <b>Pilates</b> Vicky H	9:30am-10:30am <b>Pilates Fusion</b> Rose F	9:30am-10:30am <b>Total Body Sculpt</b> Siobhan O	10:45am-11:45am <b>Hot Detox Yoga</b> Mike A	10:45am-11:45am <b>Serenity Yoga</b> Rose F
6:00pm-6:30pm <b>Yoga Sculpt/Stretch</b> Julie H	6:00pm-7:00pm <b>Yoga Sculpt</b> Andrea C	4:30pm-5:00pm <b>Meditation/Stretch</b> Julie H	12:30pm-1:30pm <b>Serenity Yoga</b> Donna L	10:30am-11:30am <b>Pilates/Mat Ring</b> Vicky H		
6:45pm-7:45pm <b>Serenity Yoga</b> Julie H	7:30pm-8:30pm <b>Hot Detox Yoga</b> Rose F	5:15pm-6:15pm <b>Serenity Yoga</b> Louise D	4:30pm-5:30pm <b>Serenity Yoga</b> Judy J	5:30pm – 6:30pm <b>Serenity Yoga</b> Julie H		
		7:30pm-8:30pm <b>Hot Detox Yoga</b> Mike A	7:00pm-8:00pm <b>Power Yoga</b> Allison P			Shading indicates NEW class format or NEW class time NEW Instructor

\*DANCE FUSION NOW EVERY SUNDAY 1<sup>st</sup>, 3<sup>rd</sup> AND 5<sup>th</sup> SUNDAYS- Aimee/Heather. 2<sup>nd</sup> AND 4<sup>th</sup> SUNDAYS- Nick M

Cardio, Strength and Sculpt	
<b>Barre Workout/ Lower Body Barre</b>	A fun and revolutionary workout that quickly & safely reshapes your body using isometrics, light weights & the principles of ballet, Pilates & yoga.
<b>Butts and Guts</b>	Blast the fat and tone your muscles! A challenging 30 minutes to strengthen, tone and define your abs and butt.
<b>Power Strength</b>	Power Strength challenges all major muscle groups combining the best weight room exercises like Squats, Lifts and Curls.
<b>Jump! Upper Cuts</b>	Jump using rebound trampolines mixed with interval upper body weight workout. Define your chest, shoulders, biceps, triceps and abs.
<b>Body Sculpt</b>	Tones, sculpts and strengthens the entire body targeting all major muscle groups. Fun & effective for all fitness levels.
<b>Core45</b>	This 45 or 30 minute workout focuses on strengthening the core & abdominals while stretching & toning the major muscle groups of your body.
<b>Tone It Up!</b>	Tone & define your body while using your body weight, dumbbells, bars, bands & variety of equipment to strengthen each muscle group. All levels!
<b>Abs Blaster</b>	Abs gone wild! Find your waist, shape your middle and strengthen your abs and back.
<b>Vision Intervals</b>	This metabolic increaser class is sure to keep you burning calories all day long! Strength, Cardio and total abdominal workout done in intervals
<b>AMP*D</b>	This challenging and effective total body workout transforms your body by using all muscles. Heart pumping cardio workout.
<b>Boot Camp</b>	Interval training that incorporates weights and military style maximum benefits from this ultimate calorie-burning workout!
<b>Circuit Breaker</b>	Athletic style mixed strength and cardio class taught circuit style.
<b>CXWORX™</b>	During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.
<b>Bosus &amp; Barbells</b>	Work your core and tone your entire body in this jacked up sculpting class using Bosus!
<b>Cardio Shred</b>	3 minutes of hi/lo cardio followed by 2 minutes of 1 or more muscle groups. Total Body Conditioning!
<b>Total Vision</b>	Our signature "all-in-one" class combines aerobic training and sculpting using a variety of equipment such as Steps, Bosus, balls, weights, tubes and more. A great calorie burner for folks with a lot to do, but only a little time.
<b>BodyPump™</b>	Original barbell class! This workout challenges your major muscle groups by using the best weight-room exercises; squats, presses, lifts & curls.
<b>Young at Heart</b>	Keep your heart healthy with this low impact class that will improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow workout that meets the needs of virtually any of our young at heart members!
<b>Step &amp; Sculpt</b>	An energizing step workout that makes you feel liberated and alive. Instructors use height-adjustable steps and simple movements on, over, and around the step followed by muscle conditioning moves to shape and tone your body.
<b>Cardio Interval</b>	Highly energy workout split into functional training exercises and fun and challenging cardio in 2-3 min intervals. Easily modified for all fitness levels.
<b>3 Rows of Fun!</b>	High energy class that maximizes your workout using trampolines, steps and weights for a complete and fun total body workout.
<b>Hard Core</b>	A blend of cardio and strength designed to build a strong core.
<b>Cardio Barre</b>	A fusion of cardio and strength exercises to maximize your time at the barre.
<b>Sculpt &amp; Tone</b>	Firm Up! Gain strength and muscle tone using traditional and functional weight training moves combined.
<b>PUMPED!</b>	Maximize your strength training using traditional training exercises and a variety of weights. Challenge every muscle group
<b>Barre Fusion</b>	A combo of cardio strengthening moves at the Barre mixed with powerhouse core exercises using a Pilates format.
Cardio	
<b>BOX!</b>	It's time to develop Strength and Stamina of a fighter! You will have the ability to Punch and Kick free a free standing heavy bag. All fitness levels welcome. Wavemaster bags used in class. Gloves Required.
<b>Jump &amp; Pump</b>	High energy, low impact cardio sequences on individual rebound trampolines intergraded with isolated sculpting sequences on the floor.
<b>Cardio Box!</b>	Tighten, tone and sweat during an intense and fun hour cardio mixed with boxing!
<b>Cardio Sculpt</b>	A lower intensity workout that builds strength and cardio endurance while focusing on toning major muscle groups.
<b>Heavy Bags</b>	Push yourself to the limit during this full body workout! Develop your boxing skills, strength and stamina during this high energy and high intensity class. Boxing Gloves/MWraps required
<b>Piloxing SSP</b>	A FUN and challenging Pilates boxing and dance combo. Test your endurance and physical strength with this high intensity, explosive, functional, core-centric workout!
Dance	
<b>Hip Hop Funk</b>	Have fun & move! Nonstop action, your feet are never still. You'll earn dance routines that work your entire body with constant movement.
<b>Dance Fusion</b>	We've fused Hip Hop and international dance for a lively, fast paced, heart pumping hour of fun!
<b>Zumba®</b>	A fusion of international music-dance themes that create a dynamic, exciting and effective fitness system. Aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.
<b>Dance Party</b>	Dance Party is a high energy, FUN workout that combines Hip Hop and Zumba. This class will be offered every 2nd and 4th Sunday of the Month!
Group Cycling – Spin	
<b>RIDE!/ HIIT RIDE!</b>	60 minute workout to challenge for your endurance.( High Intensity Interval Training classes noted)
<b>Vision Cycle</b>	A 45 minute indoor bike ride that simulates an outdoor bike experience <i>To be properly situated on the SPIN bikes, it is recommended that all participants arrive 10 minutes before the beginning of each class.</i>
<b>Virtual Ride</b>	Our MyRide+ system is an amazing indoor cycling experience that incorporates high definition forward motion video and music that takes you on beautiful outdoor virtual rides.
<b>Video Cycle</b>	Enjoy your ride (HIIT classes noted) set to music videos on our movie screen.
Yoga and Pilates	
<b>Meditation/Stretch</b>	Yoga Meditation is the art and science of systematically observing, accepting, understanding, and training each of the levels of our being. Improve the muscle's elasticity and reaffirm comfortable muscle tone while stretching your entire body.
<b>Serenity Yoga</b>	Learn the hatha series of asanas (poses) combined with breathing to affect your entire state of being. Improve flexibility, mental focus and reduce stress in our beautiful Serenity Studio. <b>Sunrise Yoga</b> – Early morning Serenity Yoga to start your day right!
<b>Hot Detox Yoga</b>	Expect to sweat, energize, detoxify, and renew in this empowering and transforming yoga class with the room reaching over 100 degrees. All levels and every "body" is welcome. The practice will enhance your current training and fitness program.
<b>Power Yoga</b>	A vigorous vinyasa style class meant to physically and mentally challenge you. This class will increase strength, endurance and ability to focus on any task for a long period of time without breaking your concentration.
<b>Yoga Sculpt</b>	A dynamic yoga & sculpting fusion class incorporating strength moves to improve flexibility while toning your core.
<b>Classic Yoga</b>	Authentic Yoga with tips and modifications creating a class suitable for all levels to enjoy. Expect centering, breath-work, warming up of the spine and other joints, long held poses as well as flowing sequences and of course a well deserved shivasana!

- Members & Guests Ages 16 years and older are welcome to participate in classes on this schedule.
- Members and Guests Ages 15 years 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	4:30am-11:00pm
Friday	4:30am-10:00pm
Saturday/Sunday	6:00am-6:00pm / 6:00am-4:00pm
<b>ChildCare Hours</b>	
Mon-Thurs	8:30am-1:30pm & 4:00pm-8:00pm
Friday	8:30am-1:30pm & 3:30pm-6:00pm
Saturday/Sunday	8:00am-12:15pm
<b>Youth Fit Zone Hours</b>	
Monday-Friday	4:00pm – 8:00pm
Saturday	9:00am-12:00pm
Sunday	Closed