

Vision Sports Club GroupX Schedule

Effective November 2, 2018

Group Exercise Room						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am AMP*D Julie H	8:30am -9:30am Step & Sculpt Janice S	5:30am-6:30am AMP*D Heather G	8:30am-9:30am BODY BLAST Jolene M	5:30am-6:30am AMP*D Janet D	7:30am-8:30am AMP*D Heather G	9:00am-10:00am Body Sculpt Michael O
8:30am-9:30am BODY BLAST Jolene M	9:15am-10:15am Boot Camp Stephanie H	8:15am-9:00am CORE45 Maryellen M	8:30am-9:30am Barre Workout Heather G	8:30am-9:30am Zumba Heather G	8:45am-9:30am Barre45 Heather G	9:15am-10:30am 3 Rows of Fun! Janice S
9:30am-10:30am Tone it Up! Christine S	9:30am-10:30am Bosu Strength Tiffany L	9:00am-9:30am Butts & Guts Christine S	9:30am-10:30am Power Strength Stephanie H	9:00am-10:00am BOX! * Janice S	9:00am-10:00am Body Pump™ Trudi M	10:00am-11:00am Dance Fusion Aimee/Heather Cherisse (SEE BELOW)
12:00pm-12:45pm Power Strength Janice S	12:00pm-12:45pm Young at Heart Rose F	9:30am-10:30am Jump! Upper Cuts Janice S	9:30am-10:30am Step & Sculpt Janice S	9:30am-10:30am Definitions Christine S	9:30am-10:30am Total Vision Janice S	11:00am-12:00pm Body Pump™ Hayley/Stefanie
4:30pm-5:30pm Sculpt & Tone Rose F	4:30pm-5:30pm FIT! Jolene M	9:30am-10:30a PUMPED! Grace O	12:00pm-12:45pm Young at Heart Rose F	11:00am-11:45am Young at Heart Mary M	10:30am – 11:30am ZUMBA™ Heather G	11:00am-12:00pm Cardio Box Andre D
5:30pm-6:30pm Power Strength Stephanie H	5:30pm-6:30pm Bosus & Barbells Janice S	12:30pm-1:15pm FIT145 Stephanie H	4:30pm-5:30pm FIT! Jolene M	6:00pm-7:00pm Circuit Breaker Janice S		
5:45pm-6:15pm AbsBlaster30 Rose F	6:00pm-7:00pm Hip Hop Funk Cherisse	4:30pm – 5:30pm Barre Fusion Rose F	5:15pm-6:00pm Barre45 Heather G			
6:30pm-7:30pm Jump&Pump Janice S	6:45pm-7:45pm BOX! * Janice S	5:15pm-6:15pm Body Pump™ Trudi M	5:30pm-6:30pm BOX! Janice S			
6:30pm-7:30pm Zumba Nick M		6:15pm-7:15pm Dance Fusion Aimee	6:15pm-7:15pm Piloxing Heather G			* Gloves required for BOX! & Heavy Bag classes
7:15pm-8:15pm Heavy Bags* Andre D		6:30pm-7:30pm 3 Rows of Fun! Janice S	6:45pm-7:45pm Power Strength Janice S		Shading indicates class on Track/Turf	Shading indicates class in Sports Zone Upper Level
Spin Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:45am HIIT RIDE! Mark A	5:45am-6:45am RIDE! Larry D	5:45am – 6:45am HIIT RIDE! Jamie S	5:45am-6:45am HIIT RIDE! Mark A	8:30am-9:15am HIIT Cycle Jolene M	7:30am-8:15am HIIT Video Cycle Dorothy C	8:00am-9:00am RIDE! Michael O
8:30am-9:15am Vision Cycle MaryEllen M	8:30am-9:15am HIIT Cycle Tiffany L	8:30am-9:15am Vision Cycle Larry D	8:30am-9:15am HIIT Video Cycle Dorothy C	9:30am-10:15am Video Cycle Jen G	8:30am-9:30am RIDE! Larry D	9:30am-10:15am Video Cycle Christine S
9:30am-10:15am HIIT Video Cycle Rebecca K	9:30am-10:15am Video Cycle Lori F	9:30am-10:15am Video Cycle Christine S	9:30am-10:15am Vision Cycle Jamie S			
4:30pm-5:15pm HIIT Cycle Donna K	6:00pm-6:45pm Vision Cycle Frank Tie	5:30pm-6:15pm Vision Cycle Jamie S	6:00pm – 6:45pm HIIT Cycle Diana G			
6:30pm-7:15pm Vision Cycle Larry D						
Serenity Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am-8:00am Serenity Yoga Donna H	6:00am-7:00am Sunrise Yoga Louisa K	9:00am-10:00am Vinyasa Flow Rob H	6:00am-7:00am Sunrise Yoga Robert H	6:00am-7:00am Sunrise Yoga Julie H	7:30am – 8:30am Serenity Yoga Julie H	7:15am-8:15am Serenity Yoga Danni D
9:00am-10:00am Power Yoga Donna L	9:15am-10:15am Serenity Yoga Louise D	10:30am-11:30am Pilates Vicky H	8:15am – 9:15am Vinyasa Flow Andrea C	8:30am-9:30am Serenity Yoga Nancy M	9:00am – 10:00am Classic Yoga Nancy M	9:00am-10:00am Hot Detox Yoga Andrea C
11:00am-12:00pm Young at Heart Yoga Rose F	12:30pm-1:30pm Yoga 101 Andrea C	4:30pm-5:00pm Meditation/Stretch Julie H	9:30am-10:30am Pilates Fusion Rose F	9:45am-10:45am Pilates Vicky H	10:45am-11:45am Hot Detox Yoga Mike A	10:45am-11:45am Serenity Yoga Rose F
6:00pm-6:30pm Meditation/Stretch Julie H	6:00pm-7:00pm Yoga Sculpt Andrea C	5:15pm-6:15pm Serenity Yoga Louise D	12:30pm-1:30pm Serenity Yoga Donna L	5:30pm – 6:30pm Serenity Yoga Julie H		
6:45pm-7:45pm Serenity Yoga Julie H	7:30pm-8:30pm Hot Detox Yoga Denise E	7:30pm-8:30pm Hot Detox Yoga Mike A	4:30pm-5:30pm Serenity Yoga TBD			
			7:00pm-8:00pm Power Yoga Allison P			Shading indicates NEW class format or NEW class time NEW Instructor

*DANCE FUSION - 1st, 3RD & 5TH Sundays – w/ Heather. 2nd Sunday- w/ Cherisse AND 4th Sunday w/ Aimee

Strength, Sculpt & Cardio

Circuit Breaker	Athletic style mixed strength and cardio class taught circuit style.
FIT!	Get in the best possible shape using both circuits and group exercise formats. Shake and restart your metabolism, build strength and stamina with heavy resistance, intense abs and fat burning cardio to transform your body!
3 Rows of Fun!	High energy class that maximizes your workout using trampolines, steps and weights for a complete and fun total body workout.
AbsBlaster	Abs gone wild! Find your waist, shape your middle and strengthen your abs and back.
AMP*D	This challenging and effective total body workout transforms your body by using all muscles. Heart pumping cardio workout.
Barre Fusion	A combo of cardio strengthening moves at the Barre mixed with powerhouse core exercises using a Pilates format.
BarreWorkout/Barre45	A fun and revolutionary workout that quickly & safely reshapes your body using isometrics, light weights & the principles of ballet, Pilates & yoga. Barre45 – 45 minute class
Body Sculpt	Tones, sculpts and strengthens the entire body targeting all major muscle groups. Fun & effective for all fitness levels.
BodyPump™	Original barbell class! This workout challenges your major muscle groups by using the best weight-room exercises; squats, presses, lifts & curls.
Boot Camp	Interval training that incorporates weights and military style maximum benefits from this ultimate calorie-burning workout!
Bosu Classes	Work your core & tone your entire body in this jacked up sculpting class using Bosus which help improve balance, flexibility and reshape your body!
Butts and Guts	Blast the fat and tone your muscles! A challenging 30 minutes to strengthen, tone and define your abs and butt.
Core45	This 45 or 30 minute workout focuses on strengthening the core & abdominals while stretching & toning the major muscle groups of your body.
Definitions	Reshape your physique, sculpt & define your body with this fat burning strength/cardio class.
Body Blast	A muscular strengthening and cardio endurance workout for the upper and lower body. Variety of exercises and variety of equipment used is guaranteed to get you stronger and leaner while improving your fitness.
Jump! Upper Cuts	Jump using rebound trampolines mixed with interval upper body weight workout. Define your chest, shoulders, biceps, triceps and abs.
Power Strength	Power Strength challenges all major muscle groups combining the best weight room exercises like Squats, Lifts and Curls.
PUMPED!	Maximize your strength training using traditional training exercises and a variety of weights. Challenge every muscle group
Sculpt & Tone	Firm Up! Gain strength and muscle tone using traditional and functional weight training moves combined.
Step & Sculpt	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.
Tone It Up!	Tone & define your body while using your body weight, dumbbells, bars, bands & variety of equipment to strengthen each muscle group. All levels!
Total Vision	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.
Young at Heart	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 YAH members! Young at Heart Yoga – Relaxing mix of stretching and breathing exercises.

Cardio

BOX!	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.
Cardio Box!	Tighten, tone and sweat during an intense and fun hour cardio mixed with boxing!
Heavy Bags	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/Wraps required
Jump & Pump	High energy, low impact cardio sequences on individual rebound trampolines intergraded with isolated sculpting sequences on the floor.
Piloxing SSP	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

Hip Hop Funk	Have fun & move! Nonstop action, your feet are never still. You'll earn dance routines that work your entire body with constant movement.
Dance Fusion	We've fused Hip Hop and international dance for a lively, fast paced, heart pumping hour of fun!
Zumba®	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.

Group Cycling – Spin

To be properly situated on the SPIN bikes, it is recommended that all participants arrive 10 minutes before the beginning of each class.

Cycle/HIIT Cycle	A 45 minute indoor bike ride that simulates an outdoor bike experience
RIDE// HIIT RIDE!	60 minute workout to challenge for your endurance.(High Intensity Interval Training classes noted)
Video RIDE/Cycle	Enjoy your ride set to <i>music</i> videos on our movie screen. In 45 minute and hour formats! (<i>HIIT classes noted</i>)

Yoga and Pilates

Meditation/Stretch	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.
Serenity Yoga	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. Sunrise Yoga – Early morning Serenity Yoga to start your day right!
Classic Yoga	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!
Hot Detox Yoga	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.
Pilates/Pilates Fusion	Ultimate mind-body exercise focusing on your core (abs, hips, buttocks, lower back) Strengthens, tones, & stretches ALL of your muscles. Improve posture, flexibility, balance and reduce stress!
Power Yoga	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.

- 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
ChildCare Hours	
Mon-Thurs	8:30am-1:30pm & 4:00pm-8:00pm
Friday	8:30am-12:30pm
Saturday/Sunday	8:00am-12:15pm
Youth Fit Zone Hours	
Monday-Friday	4:00pm – 7:30pm
Saturday	9:00am-12:00pm
Sunday	Closed