

Vision Sports Club GroupX Schedule

Effective June 2017

Group Exercise Room						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am AMP*D (Track Turf) Rob H	8:30am -9:30am Step & Sculpt Janice S	5:30am-6:30am AMP*D (Track Turf) Heather G	8:30am-9:30am Cuts, Cardio & Core Siobhan O	5:30am-6:30am AMP*D (Track Turf) Rob H	7:30am-8:30am AMP*D (Track Turf) Heather G	9:00am-10:00am Body Sculpt Michael O
8:30am-9:30am Cardio Shred Siobhan O	9:30am-10:30am Hard Core Robyn C	8:15am-9:00am CORE45 Maryellen M	8:30am-9:30am Booty Barre Stacy L (Track)	8:30am-9:00am Core Express Christine S	8:30am-9:30am Barre Workout Siobhan O	9:15am-10:30am 3 Rows of Fun! Janice
9:30am-10:30am Tone it Up! Christine S	9:15am-10:15am Boot Camp Stephanie R	9:00am-9:30am Butts & Guts Christine S	9:30am-10:30am Power Strength Stephanie	9:00am-10:00am BOX! * Janice S	9:00am-10:00am Body Pump™ Trudi M	10:00am-11:00am Dance Party Aimee/Heather (SEE DATES 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	9:15am-10:15am Total Vision Christine S	9:30am-10:30am Total Vision Siobhan O	11:00am-12:00pm Body Pump™ Jamie C
4:30pm-5:30pm Sculpt & Tone Rose F	5:30pm-6:30pm Bosus & Barbells Janice S	9:30am-10:30am PUMPED! Grace O	12:00pm-12:45pm Young at Heart Rose F	10:15am-11:15am Body Pump™ Chris D	10:45am – 11:45am Dance Fusion Lindsay D	11:00am-12:00pm Cardio Box Andre D
6:30pm-7:30pm JumpPump Janice S	6:30pm-7:30pm Hip Hop Funk Lindsay D	4:30pm – 5:30pm Cardio Barre Robyn C	4:30pm-5:30pm Cardio Sculpt Grace O	11:00am-11:45am Young at Heart Mary M		
7:15pm-8:15pm Heavy Bags* Andre D	6:45pm-7:45pm BOX! * Janice S	5:15pm-6:15pm Body Pump™/CXWorx Trudi M	5:30pm-6:30pm BOX! Janice S	6:00pm-7:00pm Circuit Breaker Janice S		
7:45pm-8:15pm Abs Blaster Janice S		5:30pm-6:30pm Dance Fusion Lindsay D	6:15pm-7:15pm Piloxing Heather G			
		6:30pm-7:30pm 3 Rows of Fun! Janice S	6:45pm-7:45pm Power Strength Janice S			
						* Gloves required for BOX! & Heavy Bag classes
						<i>Shading indicates class in Sports Zone Upper Level</i>
Spin Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:45am RIDE! Mark A	5:45am-6:45am RIDE! Larry D	8:30am-9:15am Video Cycle Larry D	5:45am-6:45am RIDE! Mark A	8:30am- 9:15am Video Cycle Lisa C	7:30am-8:15am Video Cycle Hannah J	8:00am-9:00am RIDE! Michael O
8:30am-9:15am Vision Cycle MaryEllen M	8:30am-9:15am Vision Cycle Adina M	9:30am-10:30am Video RIDE! Christine S	8:30am-9:15am Video Cycle Dorothy C	9:30am-10:30am RIDE! Jen G	8:30am-9:30am RIDE! Larry D	9:30am-10:30am RIDE! Christine S
9:30am-10:30am Video RIDE! Rebecca K	9:30am-10:30am Video RIDE! Lori F		9:30am-10:15am Video Cycle Stacy L	4:00pm – 5:00pm RIDE! Grace O		
4:30pm-5:30pm Video RIDE! Hannah J	4:30 pm – 5:15 pm Vision Cycle Justin C		5:30pm – 6:30pm RIDE! Frank C			
6:30pm-7:30pm Virtual Ride Larry D	6:00pm-6:45pm Vision Cycle Frank Tie					
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	5:30am-6:30am Serenity Yoga Robert H	6:00am-7:00am Sunrise Yoga Robert H	6:00am-7:00am Sunrise Yoga Julie H	7:30am – 8:30am Serenity Yoga Judy J	7:15am-8:15am Serenity Yoga Danni D
9:00am-10:00am Power Yoga Donna L	8:00am-9:00am Pilates Heather G	9:00am-10:00am Power Yoga Rob H	9:30am-10:30am Hot Detox Yoga Jason Z	8:30am-9:30am Serenity Yoga Larry D	9:00am – 10:00am Serenity Yoga Judy J	9:00am-10:00am Hot Detox Yoga Andrea C
11:00am-12:00pm Young at Heart Yoga Rose F	9:15am-10:15am Serenity Yoga Louise D	10:30am-11:30am Pilates Vicky H	12:30pm-1:30pm Serenity Yoga Donna L	9:30am-10:30am Total Body Sculpt Siobhan O	10:45am-11:45am Hot Detox Yoga Mike A	10:45am-11:45am Serenity Yoga Rose F
5:00pm- 6:00pm Stretch&Flexibility Yoga Larry D	12:30pm-1:30pm Yoga 101 Andrea C	4:30pm-5:00pm Meditation/Stretch Julie H	4:30pm-5:30pm Serenity Yoga Judy J	10:30am-11:30am Pilates/Mat Ring Vicky H		
6:30pm-7:00pm Meditation/Stretch Julie H	6:00pm-7:00pm Yoga Sculpt Laura K	5:15pm-6:15pm Serenity Yoga Louise D	7:00pm-8:00pm Power Yoga Allison P	5:30pm – 6:30pm Serenity Yoga Julie H		
7:15pm-8:15pm Serenity Yoga Julie H	7:30pm-8:30pm Hot Detox Yoga Denise E	7:30pm-8:30pm Hot Detox Yoga Mike A				Shading indicates NEW class format or NEW class time NEW Instructor

*DANCE PARTY SUMMER HOURS 1ST, 3RD AND 5TH SUNDAY OF THE MONTH – June 4 & 18 | July 2, 16 & 30 | August 6 & 20

Cardio, Strength and Sculpt	
Barre	A fun and revolutionary workout that quickly & safely reshapes your body using isometrics, light weights & the principles of ballet, Pilates & yoga.
Butts and Guts	Blast the fat and tone your muscles! A challenging 30 minutes to strengthen, tone and define your abs and butt.
Power Strength	Power Strength challenges all major muscle groups combining the best weight room exercises like Squats, Lifts and Curls.
Jump! Upper Cuts	Jump using rebound trampolines mixed with interval upper body weight workout. Define your chest, shoulders, biceps, triceps and abs.
Body Sculpt	Tones, sculpts and strengthens the entire body targeting all major muscle groups. Fun & effective for all fitness levels.
Core45 / Core Express	This 45 or 30 minute workout focuses on strengthening the core & abdominals while stretching & toning the major muscle groups of your body.
Tone It Up!	Tone & define your body while using your own body weight, dumbbells, bars, bands & a variety of equipment to strengthen each muscle group. Designed for all levels!
Abs Blaster	Abs gone wild! Find your waist, shape your middle and strengthen your abs and back.
Cuts, Cardio & Core AMP*D	Blast the fat and tone your muscles! A challenging 30 minutes to strengthen and tone your Abs, Legs and Glutes.
Boot Camp	This challenging and effective total body workout transforms your body by using all muscles. Heart pumping cardio workout.
Circuit Breaker	Interval training that incorporates weights and military style maximum benefits from this ultimate calorie-burning workout!
CXWORX™	Athletic style mixed strength and cardio class taught circuit style.
Bosus & Barbells	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.
Cardio Shred	Work your core and tone your entire body in this jacked up sculpting class using Bosus!
Total Vision	3 minutes of hi/lo cardio followed by 2 minutes of 1 or more muscle groups. Total Body Conditioning!
BodyPump™	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	Original barbell class! This workout challenges your major muscle groups by using the best weight-room exercises; squats, presses, lifts & curls.
Step & Sculpt	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!
Cardio Interval	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.
3 Rows of Fun! Hard Core	Highly energy workout split into functional training exercises and fun and challenging cardio in 2-3 min intervals. Easily modified for all fitness levels.
Cardio Barre	High energy class that maximizes your workout using trampolines, steps and weights for a complete and fun total body workout.
Sculpt & Tone PUMPED!	A blend of cardio and strength designed to build a strong core.
	A fusion of cardio and strength exercises to maximize your time at the barre.
	Firm Up! Gain strength and muscle tone using traditional and functional weight training moves combined.
	Maximize your strength training using traditional training exercises and a variety of weights. Challenge every muscle group
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.
Jump & Pump	High energy, low impact cardio sequences on individual rebound trampolines intergraded with isolated sculpting sequences on the floor. Total Body for EVERY Body!
Cardio Box!	Tighten, tone and sweat during an intense and fun hour cardio mixed with boxing!
Cardio Sculpt	A lower intensity workout that builds strength and cardio endurance while focusing on toning major muscle groups.
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
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, raw workout!
Dance	
Hip Hop Funk	Dance, Dance, Dance! Have fun and move your body! Nonstop action, your feet are never still. Shake those hips as you learn dance routines that work your entire body with constant movement. Fun, Fun, Fun!
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.
Dance Party	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	
RIDE!	One hour workout for your mind & a challenge for your body. Start pedaling and let go as your instructor leads you on the ride of your life.
Vision Cycle	A 45 minute indoor bike ride that simulates an outdoor bike experience. Express - 30 minute class to maximize your time. <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>
Virtual Ride	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.
Video RIDE!/Cycle	Enjoy your ride set to music videos on our movie screen.
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!
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 Mat/Ring	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.
Yoga Sculpt	A dynamic yoga & sculpting fusion class incorporating strength moves to improve flexibility while toning your core.

- 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-1:30pm & 3:30pm-6:00pm
Saturday/Sunday	8:00am-12:00pm
Youth Fit Zone Hours	
Monday-Friday	4:00pm – 8:00pm
Saturday	9:00am-2:00pm
Sunday	Closed