

Vision Sports Club GroupX Schedule

Effective OCTOBER 18, 2021

Group Exercise Room - ALL Strength/Cardio will take place in the GX Room unless shaded.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45am-6:30am AMP*D Alisa J		5:45am-6:45am Body Pump™ Sally S		
	8:30am-9:00am Abs Express Mary M		8:30am-9:00am Abs Express Mary M	9:15am-10:00am Barre Alisa J	9:00am-9:45am Total Vision Christine S	9:00am-9:45am Body Sculpt Michael O
9:15am-10:00am Tone it Up! Christine S	9:15am-10:00am Bootcamp MaryEllen M	9:30am-10:15am Butts & Guts Christine S	9:15am-10:00am Bootcamp MaryEllen M	9:30am-10:15am Definitions Christine S	9:30am-10:30am Body Pump™ Hayley/Stefanie S	10:00am-11:00am Zumba™ Stephanie C
	11:30am-12:15pm Full Body Fusion Rose F		11:30am-12:15pm Full Body Fusion Rose F	11:30am-12:15pm Young at Heart Mary M	10:30am-11:30am Zumba™ Valerie B	11:00am-11:45am Cardio Box Andre D
			1:30pm-2:00pm Arms/Shoulder Express 101 Donna L			
4:30pm-5:15pm Body Sculpt Rose F	4:30pm-5:15 FIT! Isolda A	4:30pm-5:15pm Body Sculpt Rose F	4:30pm-5:15pm Bosu and Barbells Isolda A			
5:30pm-6:30pm Body Pump™ Hayley/Stefanie S.		5:30pm-6:30pm Body Pump™ Hayley/Stefanie S	5:00pm-5:45pm Zumba™ Stephanie H			
6:00pm-6:45pm Heavy Bags* Andre D	5:45pm-6:30pm Dance Fusion Stephanie H		6:00pm-6:45pm Strength & Tone Alisa J			
	6:30pm-7:15pm BOX! Andre D					* Gloves required for BOX! & Heavy Bag classes
Spin Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:30am RIDE Mark A	5:45am-6:30am Vision Cycle Alisa J		5:45am-6:30am Vision Cycle Alisa J		Spin with Isolda moved to new day and time-	
8:30am-9:15am Vision Cycle MaryEllen	9:30am-10:15am Performance Cycle Donna K	8:30am-9:15am Vision Cycle Christine S	9:30am-10:15am Vision Cycle Larry D	8:15am-9:00am LesMills™ Sprint Cycle Plus Angelica	8:30am-9:15am Vision Cycle Larry D	9:15am-10:00am Vision Cycle Christine S
	5:45pm-6:30pm Vision Cycle Alisa J	5:00pm-5:45pm Les Mills™ Sprint Cycle Plus Angelica	6:45pm-7:30pm Vision Cycle Isolda A ***New day and time***			
Serenity Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am-10:30am Power Yoga Donna L	7:00am-8:00am Serenity Yoga Donna H	9:00am-10:00am Vinyasa Flow Donna H	7:30am-8:30am Stretch with Straps Donna H	6:00am-7:00am Sunrise Yoga Julie H		
11:30am-12:30pm Yoga Flow Rose F		11:30am-12:30pm Pilates/Yoga Rose F	12:30pm-1:30pm Stretch & Flow Donna L	8:15am-9:15am Vinyasa Flow Andrea C	8:00am-9:00am Serenity Yoga Julie H	8:15am-9:15am Serenity Yoga Andrea C
6:30pm-7:30pm Serenity Yoga Julie H	6:00pm-7:00pm Yoga Sculpt Andrea C	7:00pm-8:00pm Hot Detox Yoga* Mike A	4:30pm-5:30pm Vinyasa Flow Donna H		10:30am-11:30am Hot Detox Yoga Mike A	10:30am-11:30am Yoga Rose F
SHADING INDICATES CLASS LOCATION						
SHADING INDICATES NEW CLASS, TIME, FORMAT OR INSTRUCTOR		SERENITY STUDIO	ELITE STUDIO	TRACK TURF	UPPER SPORTS ZONE	GROUPX ROOM
SPECIALTY TRAINING CLASSES : Fee Based Classes						
WEDNESDAY		TRX- SUSPENSION TRAINING		5:30am-6:15am - With Ed Weiss		



To access schedule on your phone

- Open phone camera and point at QR code
- A notification should appear at the top of your screen