

Vision Sports Club GroupX Schedule

JUNE 24, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Exercise Room							
			5:45am-6:30am Bootcamp Alisa J.		5:45am-6:30am Boxing Conditioning John A.		
Morning		8:30am-9:00am Abs Express Mary M.		8:30am-9:00am Abs Express Mary M.		8:30am-09:15am Barre Alisa J.	
	9:15am-10:00am Tone it Up! Christine S.	9:15am-10:15am Power/Strength Intervals MaryEllen M.	9:30am-10:15am Butts & Guts Christine S.	9:15am-10:15am Power/Strength Intervals MaryEllen M.	9:15am-10:00am Barre Alisa J.	9:00am-9:45am Total Vision Christine S.	9:00am-9:45am Body Sculpt Michael O.
		10:30am-11:15am Body Blast Dorothy C.			9:30am-10:15am Definitions Christine S.	9:30am-10:30am Body Pump™ Hayley/Stefanie S.	10:00am-11:00am Zumba™ Stephanie C.
Afternoon		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.	11:30am-12:15pm Zumba™ Toning Stephanie C.	11:00am-12:00pm Cardio Box Andre D. *1 HR CLASS*
	4:30pm-5:15pm Body Sculpt Rose F.	4:30pm-5:15pm FIT! Isolda A.	4:30pm-05:15pm DUT (Daily Ultimate Training) John A.	5:00pm-5:45pm Zumba™ Stephanie H.			
Evening	5:30pm-6:30pm Body Pump™ Hayley/Stefanie S.	5:45pm-6:30pm Dance Fusion Stephanie H.	5:30pm-6:30pm Body Pump™ Hayley/Stefanie S.	6:00pm-6:45pm Bootcamp Alisa J.			
	6:00pm-6:45pm Heavy Bags* Andre D.	6:30pm-7:15pm BOX! * Andre D.		6:00pm-6:45pm Heavy Bags* John A. <i>(Starting from June 30th)</i>			* Gloves required for BOX! & Heavy Bag classes
Spin Studio							
Morning	5:45am-6:30am RIDE Mark A.	5:45am-6:30am Vision Cycle Alisa J.		5:45am-6:30am RIDE Mark A.			
	8:30am-9:15am Vision Cycle MaryEllen M.		8:30am-9:15am Vision Cycle Christine S.		8:15am-9:00am Les Mills™ Sprint Cycle Plus Angelica	8:30am-9:15am Vision Cycle Larry D.	
		9:30am-10:15am Vision Cycle Dorothy C.		9:30am-10:15am Vision Cycle Larry D.		9:30am-10:15am Vision Cycle Alisa J. *NEW TIME*	9:30am-10:15am Vision Cycle Christine S.
Evening		5:45pm-6:30pm Vision Cycle Alisa J.	6:00pm-6:30pm Les Mills™ Sprint Cycle Plus Angelica	6:45pm-7:30pm Vision Cycle Isolda A.			
Serenity Studio							
Morning		7:00am-8:00am Serenity Yoga Donna H.		7:30am-8:15am Stretch with Straps Donna H.	6:00am-7:00am Sunrise Yoga Julie H.		
					8:30am-9:30am Vinyasa Flow Andrea C.	8:00am-9:00am Serenity Yoga Julie H.	8:30am-9:30am Serenity Yoga Andrea C.
Afternoon	9:30am-10:30am Power Yoga Donna L.		9:00am-10:00am Vinyasa Flow Donna H.			10:30am-11:30am Hot Detox Yoga Mike A.	10:30am-11:30am Yoga Rose F.
	11:30am-12:30pm Yoga Flow Rose F.		11:30am-12:30pm Pilates/Yoga Rose F.		4:30pm-5:30pm Vinyasa Flow Donna H.		
Evening		6:00pm-6:30pm Meditation Julie H.	6:00pm-7:00pm Yoga Sculpt Andrea C.				
	6:30pm-7:30pm Serenity Yoga Julie H.		7:00pm-8:00pm Hot Detox Yoga* Mike A.				

SPECIALTY TRAINING CLASSES: Fee Based Classes		
WEDNESDAY	TRX- SUSPENSION TRAINING	5:30am-6:30am - With Ed Weiss

SHADING INDICATES CHANGE IN CLASS, TIME, FORMAT, OR INSTRUCTOR

- Group X Room
- Serenity Studio
- Spin Studio
- Track Turf
- Upper Sports Zone



To access schedule on your phone:

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