

# Vision Sports Club Group X Schedule

Effective from February 12, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Exercise Room</b>							
					5:45am-6:30am Boxing Conditioning John A.		
		8:30am-9:00am Abs Express Mary M.		8:30am-9:00am Abs Express Mary M.		8:30am-09:15am Barre Alisa J.	
Morning	9:30am-10:15am Tone it Up! Christine S. <b>*NEW TIME*</b>	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.
					9:30am-10:15am Definitions Christine S.	9:30am-10:30am Body Pump™ Hayley/Stefanie S.	10:00am-11:00am Zumba™ Step and Tone Stephanie C. <b>*NEW FORMAT*</b>
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.		11:00am-12:00pm Cardio Box Andre D.
	4:30pm-5:15pm Body Sculpt Rose F.	5:00pm-5:45pm 3 Rows of Training Isolda A.	4:30pm-05:15pm UST Ultimate Strength Training John A. <b>*NEW ROOM: Elite Studio*</b>	5:00pm-5:45pm Zumba™ Stephanie H.			
	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 HIIT Total Body Alisa J. <b>*NEW FORMAT*</b>			
Evening	6:00pm-6:45pm Heavy Bags Andre D. <i>(Gloves &amp; hand wraps are required)</i>	6:30pm-7:15pm BOX! Andre D. <i>(Gloves are required)</i>		6:00pm-6:45pm Heavy Bags John A. <i>(Gloves &amp; hand wraps are required)</i>			
<b>Spin Studio</b>							
	5:45am-6:30am RIDE Jess P.	5:45am-6:30am Vision Cycle Alisa J.		5:45am-6:30am RIDE Jess P.			
Morning	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 Isolda A.	
		9:30am-10:15am Vision Cycle Dorothy C.		9:30am-10:30am Cycle Circuits Dorothy C.		9:30am-10:15am Vision Cycle Alisa J.	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.			
<b>Serenity Studio</b>							
		7:00am-8:00am Serenity Yoga Donna H.		7:30am-8:15am Stretch with Straps Donna H.	5:45am-6:45am Sunrise Yoga Julie H.		
Morning			8:00am-8:45am Stretch with Straps Donna H.		8:30am-9:30am Yoga Flow Andrea C. <b>*FORMAT/NAME*</b>	8:00am-9:00am Serenity Yoga Julie H.	8:30am-9:30am Yoga Flow Andrea C. <b>*FORMAT/NAME*</b>
	9:30am-10:30am Power Yoga Donna L.	9:00am-10:00am Hot Yoga Donna H. <b>*NEW CLASS*</b>	9:00am-10:00am Vinyasa Flow Donna H.			10:30am-11:30am Hot Detox Yoga Mike A.	10:30am-11:30am Yoga Rose F.
Afternoon	11:30am-12:30pm Yoga Flow Rose F.	12:30pm-1:30pm Gentle Yoga Rose F. <b>*NEW CLASS*</b>	11:30am-12:30pm Pilates/Yoga Rose F.				
			4:30pm-5:00pm Crystal Sound Bowl Meditation Rose F.	4:30pm-5:30pm Hot Detox Yoga Donna H.	5:00pm-06:00pm Community Yoga <i>Rotating Instructors</i>		
Evening	6:00pm-6:30pm Meditation Julie H.	6:00pm-7:00pm Yoga Flow Andrea C. <b>*FORMAT/NAME*</b>	5:00pm-06:00pm Yoga Flow Rose F.				
	6:30pm-7:30pm Serenity Yoga Julie H.		7:00pm-8:00pm Hot Detox Yoga Mike A.				
<b>SPECIALTY TRAINING CLASSES: Fee Based Classes</b>							
<b>WEDNESDAY</b>			<b>TRX- SUSPENSION TRAINING</b>		<b>5:30am-6:30am - With Ed Weiss</b>		

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

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



To access schedule on your phone:

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