

Vision Sports Club Group X Schedule

Spring 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Group Exercise Room

				5:45am-6:30am Boxing Conditioning (Week 1 & 3) HIIT Strength Training (Week 2 & 4) John A.		
Morning		8:30am-9:00am Abs Express Mary M.		8:30am-9:00am Abs Express Mary M.	8:30am-9:15am Barre Alisa J.	
	9:30am-10:15am GIT Group Interval Training Angelica	9:15am-10:15am Power/Strength Intervals MaryEllen M.	9:30am-10:15am Butts & Guts Dorothy C.	9:15am-10:15am Power/Strength Intervals MaryEllen M.	9:15am-10:00am Barre Alisa J.	9:00am-9:45am Total Vision Sub Rotation
				9:00am-10:00am Definitions MaryEllen M. <i>*TIME CHANGE*</i>	9:30am-10:30am Body Pump™ Hayley/Stefanie S.	10:00am-11:00am Zumba™ Step and Tone 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.	11:00am-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-5:30pm UST Ultimate Strength Training John A.	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.		
Evening	6:00pm-6:45pm Heavy Bags Andre D. <i>(Gloves & 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 & hand wraps are required)</i>		

Spin Studio

	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 Dorothy C.	8:15am-9:00am Les Mills™ Sprint Cycle Plus Angelica	8:30am-9:15am Vision Cycle Isolda A.	
		8:45am-9:30am Vision Cycle <i>*ON HIATUS*</i>		8:45am-9:45am Cycle Circuits Dorothy C.	9:30am-10:15am Vision Cycle Alisa J.	9:30am-10:15am Vision Cycle Sub Rotation
		5:45pm-6:30pm Vision Cycle Alisa J.		6:45pm-7:30pm Vision Cycle Isolda A.		
Evening						

Serenity Studio

		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.	8:00am-9:00am Serenity Yoga Julie H.
	9:30am-10:30am Power Yoga Donna L.	9:00am-10:00am Hot Yoga Donna H.	9:00am-10:00am Vinyasa Flow Donna H.			10:30am-11:30am Hot Detox Yoga Mike A.
	11:30am-12:30pm Yoga Flow Rose F.	12:30pm-1:30pm Gentle Yoga Rose F.	10:15am-11:15am Pilates/Yoga Rose F. <i>*TIME CHANGE*</i>			10:30am-11:30am Yoga Rose F.
Afternoon			4:30pm-5:00pm Crystal Sound Bowl Meditation Rose F.	4:30pm-5:30pm Hot Detox Yoga Donna H.	5:00pm-6:00pm Community Yoga <i>Rotating Instructors</i>	
	6:00pm-6:30pm Meditation Julie H.	6:00pm-7:00pm Yoga Flow Andrea C.	5:00pm-6:00pm Yoga Flow Rose F.			
Evening	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
- 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