

Vision Sports Club Group X Schedule

Fall Schedule Effective November 1st, 2023

Special Announcement

Friday 5:00 pm - Community Yoga is ON Hiatus This December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Exercise Room						

				5:45am-6:30am Boxing & Conditioning John A.		
8:30am-9:15am Leg Day Maria C.	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 Maria C.	9:00am-9:45am Body Sculpt Michael O.
				9:15am-10:15am Definitions MaryEllen M.	9:30am-10:30am Body Pump™ Stefanie S.	10:00am-11:00am Zumba™ Step and Tone 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.		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 S.	5:45pm-6:30pm Dance Fusion Stephanie H.	5:30pm-6:30pm Body Pump™ Stefanie S.	6:00pm-6:45pm HIIT Total Body Alisa J. *ON HIATUS*			
			6:00pm-7:00pm Body Pump™ Hayley S.			
6:00pm-6:45pm Heavy Bags Andre D. (Gloves & hand wraps are required)	6:30pm-7:15pm BOX! Andre D. (Gloves are required)		6:00pm-6:45pm Heavy Bags John A. (Gloves & hand wraps are required)			

Spin Studio

5:45am-6:30am RIDE Jess P.	5:45am-6:30am Vision Cycle Alisa J.		5:45am-6:30am RIDE Jess P.			
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.	
			9:15am-10:15am Cycle Circuits Dorothy C.		9:30am-10:15am Vision Cycle Alisa J.	9:30am-10:15am Vision Cycle Ido A.
	5:45pm-6:30pm Vision Cycle Alisa J.		6:45pm-7:30pm Vision Cycle Isolda A.			

Serenity Studio

	7:00am-8:00am Serenity Yoga Donna H.	5:45am-6:45am Sunrise Yoga Bill M.	7:30am-8:15am Stretch with Straps Donna H.	5:45am-6:45am Sunrise Yoga Julie H.		
		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.	8:30am-9:30am Yoga Flow Andrea C.
9:30am-10:30am Yoga Flow Andrea C.	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.	10:30am-11:30am Yoga Rose F.
11:30am-12:30pm Yoga Flow Rose F.	12:30pm-1:30pm Gentle Yoga Rose F.	10:15am-11:15am Pilates/Yoga Rose F.				
		4:45pm-5:30pm Yoga Flow Rose F.	4:30pm-5:30pm Hot Detox Yoga Donna H.			
6:00pm-6:30pm Meditation Julie H.	6:00pm-7:00pm Yoga Flow Andrea C.	5:30pm-6:15pm Crystal Sound Bowl Meditation Rose F.		5:00pm-6:00pm Community Yoga Rotating Instructors *ON HIATUS*		
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