

Vision Sports Club Group X Schedule

Effective 8/25

Special Announcements

Classes on Summer Hiatus (Will be returning in Fall):
 Mondays & Thursdays: 5:45am. - RIDE
 Friday: 11:30am - Young at Heart
 Saturday: 9:15am – Vision Cycle with Maria C. (Time Change)
 Friday: 5:45am Sunrise Yoga 7:00am Morning Serenity Yoga (Time and Class Change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Exercise Room							
 Morning	8:30am-9:15am Leg Day Maria C.	8:30am-9:00am Abs Express Mary M.	8:30am-9:15am Upper Body Kick Start Maria C.	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.	9:15am-10:15am 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.	
		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. <i>On Summer Hiatus</i>		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.			
 Afternoon	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-7:00pm Body Pump™ Stefanie S.			
	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>			
 Evening	Spin Studio						
	5:45am-6:30am RIDE Jess P. <i>On Summer Hiatus</i>	5:45am-6:30am Vision Cycle Alisa J.		5:45am-6:30am RIDE Jess P. <i>On Summer Hiatus</i>			
	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 Isolda/Alisa (rotating)
		5:45pm-6:30pm Vision Cycle Alisa J.		6:00pm-6:45pm Vision Cycle Isolda A.			
Serenity Studio							
	7:30am-8:15am Stretch with Straps Donna H.			7:30am-8:15am Gentle Yoga ROTATING INSTRUCTORS	7:00am-8:00am Morning Serenity 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 Bill M.
	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-5:45pm 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.			5:00pm-6:00pm Hot Detox Yoga Bill M.		
	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