



Specialty Training Class Schedule: Effective Friday 24th, 2012

Specialty Training Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30am - 10:30am Xtreme Circuit Training Adam	6:00am - 7:00am KettleBell Circuit Dan	6:00am - 7:00am TRX Circuit Fusion Ed		8:30am - 9:30am TRX Circuit Fusion Mary/Ed	10:00am - 11:00am KettleBell Circuit Dan
5:00pm - 6:00pm KettleBell Circuit Dan		7:30am - 8:30am KnockOut Training Connor (April 4 th -May 30 th)	9:30am - 10:30am Xtreme Circuit Training Adam		10:00am - 11:00am Xtreme Circuit Training Adam	
7:00pm - 8:00pm TRX Circuit Fusion Mary		9:00am - 10:00am TRX Circuit Fusion Mary	6:00pm - 7:00pm Xtreme Circuit Training Adam			
		9:30am - 10:30am KnockOut Training Connor (April 4 th -May 30 th)	8:00pm - 9:00pm KettleBell Circuit Dan			

*All classes to be held on the track/turf.

Class Descriptions:

TRX Circuit Fusion:	A fast and effective total-body workout that builds power, strength, flexibility, balance, mobility, and prevents injuries.
Xtreme Circuit Training:	A challenging and intense total-body workout. High intensity, high energy, hardcore and hard hitting interval training. (Intermediate and advanced)
KettleBell Circuit:	Train with Vision's own KettleBell Master, Dan Scott. Discover the ultimate tool for extreme all-around strength and endurance while stripping unwanted body fat faster than traditional workouts.
KnockOut Training	Knockout Training includes shadow boxing, mitt boxing, heavy bag boxing, core and step training.