

GROUP FITNESS SCHEDULE — SYNERGY BALDWIN (516) 771-1717

MONDAY:	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30-9:30AM YOGA ED		8:30-9:30AM YOGALATES LISA		8:15-9:15AM ZUMBA PEGGY	
9:30-10:15 AM KICKBOX JANET	9:30-10:30AM ZUMBA JILL	9:30-10:15 AM STEP AVA	9:30-10:30AM ZUMBA LLOYD	9:30-10:15 AM CARDIO CHALLENGE PATTI M	9:15-9:30 AM JUST ABS NIA	9:30-10:15 AM STEP SHERI
10:15-11:00AM SCULPT JANET	10:30-11:00 AM EXPRESS SCULPT PATTI M	10:15-11:00 AM SCULPT AVA	10:30-11:00AM EXPRESS SCULPT JANET	10:15-11:00 AM SCULPT PATTI M	9:30-10:30AM BOOT CAMP NIA	10:15-11:00 AM SCULPT SHERI
<i>New Class</i> 5:00:600PM KICKBOX VAL		<i>New Class</i> 5:00-6:00PM ZUMBA JILL	Fitness Clubs		10:30-11:30AM YOGA DONNA	
6:00-6:45 PM ZUMBA PEGGY	6:30-7:30 PM BOOTCAMP JOE	6:00-6:45PM CARDIO KICKBOX NIA	6:30-7:30PM BOOTCAMP NIA	HOURS OF OPERATION: MON 5:30AM- FRIDAY 11:00PM 24 HOURS SAT & SUN 7:00AM-8:00PM		
6:45-7:30PM SCULPT PEGGY	7:30-8:15PM CARDIO KICKBOX JOE	6:45-7:30 PM SCULPT NIA	7:30-7:45PM JUST ABS NIA	QUESTIONS & COMMENTS: pmorris@synergyfitclubs.com		

<p>7:30-8:30PM YOGALATES CAIT</p>	<p>8:15-8:30PM JUST ABS JOE</p> <p>8:30-9:30PM ZUMBA LLOYD</p>	<p>7:30-8:30PM YOGA ED</p>	<p>7:45-8:45PM ZUMBA JILL</p>	<p>pmorris@synergyfitclubs.com</p> <p>CHILD CARE HOURS: MON- SUN 8:00 AM – 12:00PM MON- THUR 5:00PM – 9:00PM</p>
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All classes subject to change without notice.