





# synergy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>						
<b>5:30- 6:30</b> <b>Power Sculpt</b> Michele	<b>8:15- 9:15</b> <b>Basic Total Body</b> Shingo	<b>5:30- 6:30</b> <b>Power Cycle</b> Lisa	<b>8:15- 9:15</b> <b>Basic Total Body</b> Kim	<b>5:30- 6:30</b> <b>Cycle, Abs &amp; Arms</b> Michele	<b>7:30-9:00</b> <b>Power Cycle Challenge</b> Kristen	<u>MONTHLY CYCLE CHALLENGE</u> <b>7:45-9:15</b> <b>ONLY Last Sunday of every month</b>
<b>9:30-10:30</b> <b>Power Interval Training</b> Donna	<b>9:30- 10:30</b> <b>Boot Camp</b> Shingo	<b>10:00-11:00</b>  Raphael	<b>9:30- 10:15</b> <b>Power Cycle</b> Tricia	<b>9:30- 10:15</b> <b>Kick Box</b> Tricia	<b>9:30- 10:30</b> <b>Cardio Interval Circuit</b> Donna	<b>NEW CLASS</b> <b>9:15-10:15</b> <b>Ballet Barre Fit</b> Jill
<b>NEW CLASS</b> <b>10:30-11:30</b> <b>Ballet Barre Fit</b> Liz			<b>NEW CLASS</b> <b>10:15-11:00</b> <b>Bounce, Box &amp; Burn</b> Tricia	<b>10:15-10:45</b> <b>Express Sculpt</b> Tricia		<b>10:30-11:30</b> <b>BEGINNER</b>  Diana B.
<b>Evening</b>						
<b>5:15-6:15</b>  Sonia	<b>6:00- 6:30</b> <b>Express Power Sculpt</b> Tricia	<b>6:00-7:00</b> <b>Cardio Interval Blast</b> Donna	<b>New Class</b> <b>6:00-7:00</b> <b>FreeStyle</b> Peter	<b>GROUP FITNESS SCHEDULE</b> <b>EFFECTIVE 1/16</b> <u>Gym Hours</u> Mon - Thurs: 5am - 12am Friday: 5am - 11pm Saturday and Sunday: 7am - 8pm <u>Day Care Hours</u> <u>Mornings:</u> Mon - Sun: 9am-12:30pm Sat & Sun: 8am-12:30pm <u>Evenings</u> Mon-Thurs: 5pm - 9pm		
<b>6:30- 7:30</b> <b>Power Cycle</b> Lisa	<b>6:30- 7:30</b> <b>Cardio Kick Box</b> Tricia	<b>7:15- 8:15</b> <b>Power Cycle</b> Laura	<b>7:00-8:00</b>  Lisa F.			
<b>8:00- 9:00</b> <b>Vinyasa Yoga</b> Diana	<b>NEW CLASS</b> <b>7:45-8:45</b> <b>Ballet Barre Fit</b> Avery		<b>8:15- 9:15</b> <b>Vinyasa Yoga</b> Diana			

## Synergy Fight Club

Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00p- 8:00p</b> <b>Boxing</b>	<b>7:00p- 8:00p</b> <b>Muay Thai (Kick Boxing)</b>	<b>7:00p- 8:00p</b> <b>Brazilian Jiu Jitsu</b>	<b>6:00p- 7:00p</b> <b>Fight Night</b>	<b>11:00a- 12:00p</b> <b>MMA</b>
	<b>8:00p- 9:00p</b> <b>Brazilian Jiu Jitsu</b>			

**We now offer unlimited tanning for ONLY \$9.99/month!!**

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