

SYNERGY

2709 Hempstead Turnpike
 Levittown, NY
 Phone: (516) 579-4884

GROUP FITNESS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|--|--------------------------------------|
| Morning | | | | | | |
| NEW CLASS 9:30-10:30 FreeStyle | NEW TIME 9:15-10:15 Circuit Training | NEW CLASS 10:30-11:30 FreeStyle | NEW TIME 9:15-10:15 Cardio Sculpt | 11:00-12:00  | NEW CLASS 9:00-10:00 FreeStyle | 9:30-10:30 Weight Training |
| | | | | | 10:15-11:15 *Fit Camp | 10:30-11:30 Vinaya Yoga |
| | | | | | 10:30-11:15 *Cross Train | |
| | | | | | 11:30-12:15 *Cross Train | |
| Evening | | | | | | |
| 5:00-6:00 FreeStyle | 6:30-7:30 Cardio Sculpt Fusion | 5:15-6:15  | NEW TIME 6:45-7:30 Boot Camp | 5:00-6:00  | | |
| 6:00-6:45 *Cross Train | 7:00-7:45 *Cross Train | 6:00-6:45 *Cross Train | 7:00-7:45 *Cross Train | <p style="text-align: center;">Gym Hours</p> <p>Mon-Thurs: 4am-12am Friday: 4am-11pm Saturday and Sunday: 7am - 8pm</p> <p style="text-align: center;">Day Care Hours</p> <p style="text-align: center;"><u>Mornings</u> Mon - Sun: 9am – 1:00pm</p> <p style="text-align: center;"><u>Evenings</u> Mon-Fri: 5pm - 9pm</p> | | |
| 6:15-7:15 *Fit Camp | 7:45-8:45  | 7:00-7:45 *Cross Train | 7:30-8:30 *Fit Camp | | | |
| 7:00-7:45 *Cross Train | | | | | | |

* There is an additional fee for **CrossTrain** and **Fit Camp**.
 Please see a sales person at the front desk for details.