

SYNERGY

GROUP FITNESS SCHEDULE — WINTER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
9:30-10:30 Power Cycle & Abs Mary	5:30-6:30 *Cardio Box Donna/Meg	9:30-10:15 Cardio Kick Fusion Tracy	5:30-6:30 *Sunrise Sculpt Donna	9:30-10:15 *Contact Kick Box Tracy	8:15-9:15 *Boot Camp & Box Meg	8:15-9:15 Power Cycle Jamie
10:30-11:30  Melanie	9:30-10:15 *Boot Camp & Box Angie	NEW CLASS 10:15-11:15 Ballet Barre Fit Nicole	9:00-9:45 Express Cycle & Abs Mary	10:15-10:45 Core/Stretch Fusion Tracy	9:30-10:30 *Power Sculpt Meg	9:30-10:30 Vinyasa Yoga Tricia
	NEW CLASS 10:15-11:00 Balls, Bands & Beyond Angie		10:00-11:00 MMA Boot Camp Shingo		10:45-11:45  Brian	10:45-11:45  Val
Evening						
5:15-6:00 Vinyasa Yoga Tricia	<u>NEW EXTENDED TIME</u> 5:15-6:15 Power Cycle Jamie	5:30-6:15 	5:30-6:00 Express Cycle Meg	GROUP FITNESS SCHEDULE <i>EFFECTIVE 1/16</i> SYNERGY FITNESS 5300 SUNRISE HWY, MASSAPEQUA (516) 541-4400 THIS SCHEDULE ALSO SERVES AS A GUEST PASS. <u>GYM HOURS</u> MON - THURS: 5AM - 12AM FRIDAY: 5AM - 11PM SATURDAY AND SUNDAY: 7AM - 7PM <u>DAY CARE HOURS</u> <u>MORNINGS:</u> MON - SUN: 9AM-1:00PM <u>EVENINGS</u> MON-THURS: 5PM - 8:30PM		
6:15-7:00 *Contact Kick Box Meg	6:30-7:15 NEW CLASS Ballet Barre Fit Kelly	6:30-7:15 Power Cycle Mary	NEW CLASS 6:00-7:00 Balls, Bands & Beyond Meg			
NEW CLASS 7:00-7:45 Power Sculpt Meg	 7:30-8:30 Desiree	7:30-8:30 Vinyasa Yoga Tricia	 7:00-8:00 Christine			