



# synergy

## Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>						
<b>9:30-10:30</b> <b>Total Body</b> Vanessa	<b>8:15- 9:15</b> <b>Basic Total Body</b> Maria	<b>5:30- 6:30</b> <b>Power Cycle</b> Lisa	<b>8:15- 9:15</b> <b>Basic Total Body</b> Maria	<b>5:30- 6:30</b> <b>Cycle, Abs &amp; Arms</b> Michele	<b>7:30-8:30</b> <b>Power Cycle</b> Kristen	<u>MONTHLY CYCLE CHALLENGE</u> <b>8:30-10:00</b> <i>ONLY Last Sunday of every month</i>
<u>NEW CLASS</u> <b>10:30-11:30</b> <b>Power Cycle</b> Kristen	<b>9:30- 10:15</b> <b>MMA Boot Camp</b> Shingo	<b>10:00-11:00</b>  Raphael	<b>9:30- 10:15</b> <b>Cross Training</b> Tricia	<b>9:30- 10:15</b> <b>Kick Box</b> Tricia	<b>8:30-9:15</b> <b>Power Cycle Express</b> Monica	<b>10:30-11:30</b> <b>BEGINNER</b>  Diana B.
	<u>NEW CLASS</u> <b>10:15-10:45</b> <b>Express Sculpt</b> Shingo		<u>NEW CLASS</u> <b>10:15-11:00</b> <b>Power Cycle</b> Kristen	<u>NEW CLASS</u> <b>10:15-10:45</b> <b>Express Sculpt</b> Tricia	<b>9:30- 10:30</b> <b>Cardio Interval Circuit</b> Donna	
<b>Evening</b>						
<b>5:30-6:30</b>  Antoinette	<b>6:00- 6:30</b> <b>Express Power Sculpt</b> Tricia	<b>6:00-7:00</b> <b>Cardio Interval Blast</b> Donna	<u>New Time &amp; New Instructor</u> <b>6:00-7:00</b>  Lisa F.	<p><u>Gym Hours</u> Mon - Thurs: 5am - 12am Friday: 5am - 11pm Saturday and Sunday: 7am - 8pm</p> <p><u>Day Care Hours</u> <i>Mornings:</i> Mon - Sun: 9am-12:30pm Sat &amp; Sun: 8am-12:30pm <i>Evenings</i> Mon-Thurs: 5pm - 9pm</p>		
<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	<u>NEW CLASS</u> <b>7:00-7:45</b> <b>Power Sculpt</b> Allyson			
<b>8:00- 9:00</b> <b>Vinyasa Yoga</b> Diana	<b>7:45- 8:45</b> <b>Power Cycle</b> Laura		<b>8:00- 9:00</b> <b>Vinyasa Yoga</b> Diana			

## Synergy Fight Club

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

**We now offer unlimited tanning**

**for ONLY \$9.99/month!!**

**410 Conklin Street, Farmingdale NY 11735 – Phone: 516.777.4374 Fax: 516.777.4376**