

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
		5:30a- 6:30a Power Cycle Lisa	5:30a- 6:30a Power Cycle Michele			
	8:15a- 9:15a Basic Sculpt Emy		8:15a- 9:15a Basic Sculpt Emy		8:00a-9:00a Power Cycle Lisa	9:00a-10:00a Yoga Diana
9:30a-10:30a Power Sculpt Vanessa	9:30a- 10:30a Functional Training Shingo	9:30a- 10:30a Zumba ® Raphael	9:30a- 10:30a Pure Strength Tricia	9:30a- 10:30a Cardio Kick Box Tricia	9:30a- 10:30a Cardio Interval Blast Donna	10:30a-11:30 Zumba ® Jessica
Evening						
6:00p- 6:30p Express Cardio Kick Box Lisa	6:00p- 6:30p Express Power Sculpt Tricia	6:00p- 7:00p Pure Strength Rachel				
6:30p- 7:00p Express Power Sculpt Lisa	6:30p- 7:30p Cardio Kick Box Tricia					
7:00p- 8:00p Power Cycle Lisa		7:15p- 8:15p Power Cycle Laura	7:00p- 8:00p Zumba ® Liz			
8:00p- 9:00p Yoga Diana			8:00p- 9:00p Yoga Diana			

Gym Hours
 Mon - Thurs: 5am - 12am
 Friday: 5am - 11pm
 Saturday and Sunday: 7am - 8pm

Day Care Hours
Mornings:
 Mon - Sun: 8am – 12:30pm
Evenings
 Mon-Thurs: 5pm - 9pm

Synergy Fight Club

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

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

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