






SYNERGY

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
<u>NEW CLASS</u> 6:15-7:15  Val	5:30-6:30 Sunrise Sculpt Lisa/ Michele	<u>NEW CLASS</u> 6:15-7:15 Cardio Kick Fusion Maria L.	9:30-10:30 Cardio Sculpt Vanessa	10:00-11:00 Mat Pilates Dana	9:00-10:00 Cardio Kick Fusion Vanessa	9:30-10:30 Weight Training Vanessa
<u>NEW CLASS</u> 9:30-10:30 TACTIX Loui	<u>NEW CLASS</u> 9:30-10:15 Circuit Training Vanessa	9:30-10:30  Val			10:00-10:30 Express Sculpt Vanessa	10:30-11:30 Vinyasa Yoga Kim
EVENING						
5:00-6:00 Cardio Dance Liz		5:15-6:15  Liz		5:00-6:00  Liz	Gym Hours 24 hours Monday -Friday Mon: 5:30 am Friday: 11:00 pm Saturday and Sunday: 7am - 8pm Day Care Hours <i>Mornings:</i> Mon - Sun: 9am – 1pm <i>Evenings</i> Mon-Fri: 5pm - 9pm	
<u>NEW TIME</u> 6:15-6:45 Cut To The Core Domenic	6:00-6:45 Boot Camp Lisa	6:15-6:45 Stretch it Liz	6:00-6:45 Total Body Conditioning Lisa	6:15-7:15 Vinyasa Yoga Kim		
<u>NEW TIME</u> 8:00-9:00 TACTIX Loui	6:45-7:30 Cardio Kick Fusion Lisa	<u>NEW TIME</u> 8:00-9:00 TACTIX Loui	6:45-7:30 Cardio Fusion Lisa			
	7:45-8:45  Liz					

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

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