

synergy

* GROUP FITNESS SCHEDULE *

2709 Hempstead Turnpike, Levittown (516) 579-4884

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings					
9:30-10:30 Weight Training Susan	9:30-10:30 Zumba Liz	9:30-10:30 Cardio Sculpt Vanessa	9:30-10:30 Cardio Kickbox Tammy	9:30-10:45 Functional Training Shingo	9:00-10:00 Cardio Kick Fusion Vanessa
					10:00-10:30 Express Sculpt Vanessa
Evenings					
5:00-6:00 Cardio Dance Elizabeth		5:15-6:15 ZUMBA Elizabeth	6:00-6:45 Total Body Conditioning Lisa	5:00-6:00 ZUMBA Elizabeth	
6:30-7:00 Extreme Abs Dominic	6:00-6:45 Boot Camp Lisa	<i>New Time</i> 7:30-8:30 Complete Body Training Neil	6:45-7:30 Cardio Kick Lisa	6:00-7:00 Yogilates Donna	
7:00-7:45 Fusion Fitness Lanya	6:45-7:30 Cardio Kick Fusion Lisa				
<i>New Time</i> 7:45-8:30 Complete Body Training Neil	7:30-8:30 ZUMBA Elizabeth				

DAY CARE HOURS	
Mornings Mon-Sun 9am-1pm	Evenings Mon-Fri 5pm-9pm

Hours
24 Hours Monday-Fri Monday 5:30am-Friday 1 Saturday and Sunday 7:00a

Classes are subject to change - Classes must be well attended in order to remain on the s

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