



**SYNERGY FITNESS LONG BEACH – GROUP FITNESS
SCHEDULE (516) 432-6300
EFFECTIVE Fall 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM BODY CONDITIONING DANA	6:00-7:00 AM POWER CYCLING ERICA	6:00-7:00 AM BODY CONDITIONING DANA & 6:00-7AM POWER CYCLING JAMES	6:00-7:00 AM POWER CYCLING JAMES	6:00-7:00 AM BODY CONDITIONING DANA & 6:00-7AM POWER CYCLING ERICA	7:30- 8:30 AM STEP/ABS ROSA	
8:30-9:30 AM POWER CYCLING CARLY	9:00-9:30 AM CARDIO BLAST LISA	8:30-9:30 AM POWER CYCLING ERICA	9:00-9:30 AM POWER CARDIO LISA	8:30-9:30 AM CARDIO X-TRAIN ERICA	8:30-9:30 AM POWER CYCLING PATTY	8:30-9:30 AM POWER CYCLING JULIO
9:30-10:30 AM HARD CORE TOTAL BODY TOMMY	9:30-10:30 AM BODY CONDITIONING LISA	9:30-10:30 AM POWER CYCLING ERICA	9:30-10:30 AM HARD CORE TOTAL BODY TOMMY	9:30-10:30 AM POWER SCULPT LISA	9:30-10:30 AM HARD CORE TOTAL BODY TOMMY	9:30- 10:30 AM BOOT CAMP MARIE
		10:30-11:30 AM YOGA KRISTEN		10:30-11:30 AM YOGA KRISTEN		10:30-11:30 AM YOGA MARIE
4:30-5:30 PM YOGILATES JOANNA	4:30-5:30 PM STEP COMBO ROSA	4:30-5:30 PM YOGA KRISTEN	4:30-5:30 PM BODY CONDITIONING JULIO	4:30-5:30 PM YOGA KRISTEN		
5:30-6:15 PM POWER SMARTBELL ALIONA	5:30-6:30 PM POWER PILATES DEBBIE	5:30-6:30 PM KICKBOX COMBO &AB LAB ALIONA	5:30-6:30 PM POWER YOGA KRISTEN	5:30-6:30 PM CARDIO DANCE COMBO ALIONA		
6:15-7:15 PM POWER SCULPT JULIO	6:30-7:30 PM KICKBOX COMBO ERICA	6:30-7:30 PM HARD CORE TOTAL BODY TOMMY	6:30-7:30 PM POWER CYCLE CARLY	<p align="center">HOURS OF OPERATION:</p> <p align="center">MONDAY 5:30 AM – FRIDAY 11:00 PM (24 HOURS)</p> <p align="center">SATURDAY AND SUNDAY 7:00 AM – 8:00 PM</p> <p align="center">CHILD CARE HOURS:</p> <p align="center">MONDAY - SUNDAY 8:00 AM – 1:00 PM</p> <p align="center">MONDAY – THURSDAY 4:00 PM – 9:00 PM</p>		
7:15-8:15 PM POWER CYCLING JULIO	7:30-8:30 PM POWER CYCLING ERICA					