



**SYNERGY FITNESS LONG BEACH – GROUP FITNESS
SCHEDULE (516) 432-6300
EFFECTIVE February 7th 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM BODY CONDITIONING DANA	6:00-7:00 AM POWER CYCLING DANA	6:00-7:00 AM BODY CONDITIONING DANA	6:00-7:00 AM POWER CYCLING DANA	6:00-7:00 AM <i>FUSION</i> POWER CYCLING & SCULPT DANA	8:00-9:00 STEP/ABS ROSA	
	9:00-9:30 CARDIO BLAST LISA	8:30-9:30 AM POWER CYCLING ERICA	9:00-9:30 STEP LISA	8:30-9:30 AM CARDIO X-TRAIN ERICA	8:30-9:15 POWER CYCLING PATTY <hr/> 9:20-10:05 POWER CYCLING PATTY	8:30-9:30 AM POWER CYCLING JULIO
8:30-9:15 POWER CYCLING MARGY <hr/> 9:20-10:05 POWER CYCLING MARGY	9:30-10:30 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 <hr/> 9:30-10:30 POWER CYCLING ERICA	9:30-10:30 AM HARD CORE TOTAL BODY TOMMY	9:30- 10:30 AM BOOT CAMP MARIE
9:30-10:30 CARDIO X TRAIN DAVID		10:30-11:30 AM YOGA LIZ		10:30-11:30 AM YOGA KRISTEN		10:30-11:30 AM YOGA MARIE
4:30-5:30 PILATES JOANNA	4:30-5:30 ZUMBA LLOYD	4:30-5:30 VINYASA YOGA KRISTEN	4:00-5:00 STEP/ABS ROSA	4:30-5:30 YOGA KRISTEN		
5:30-6:15 POWER SMARTBELL ALIONA	5:30-6:30 POWER SCULP ROSA		5:00-6:00 POWER YOGA KRISTEN	5:30-6:30 ZUMBA LLOYD	<p align="center">HOURS OF OPERATION: MONDAY 5:30 AM – FRIDAY 11:00 PM (24 HOURS) SATURDAY AND SUNDAY 7:00 AM – 8:00 PM CHILD CARE HOURS: MONDAY - SUNDAY 8:00 AM – 1:00 PM MONDAY – THURSDAY 4:00 PM – 9:00 PM BRING A GUEST ON US!!!!!! COMPLIMENTARY GUEST PASSES INQUIRE @ FRONT DESK</p>	
6:30-7:30 BODY CONDITIONING JULIO	6:30-7:30 KICKOBOX COMBO &AB LAB ALIONA	6:30-7:30 PM HARD CORE TOTAL BODY TOMMY	6:15-7:15 PM ZUMBA JILL			
7:30-8:15 POWER CYCLING JULIO <hr/> 8:20-9:05 POWER CYCLING	7:30-8:30 <i>FUSION CLASS</i> POWER CYCLING & SCULPT DANA	7:45-8:45 PM ZUMBA JILLIAN	7:30-8:30 PM POWER CYCLING DANA			

* Classes are subject to change without notice. Please call ahead to confirm