

SYNERGY

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
9:30-10:30 Power Cycle & Abs Mary	5:30-6:30 *Cardio Circuit Terri	9:30-10:15 Cardio Kick Fusion Tracy	5:30-6:30 *Sunrise Sculpt Terri	9:30-10:15 *Contact Kick Box Tracy	8:15-9:15 *Boot Camp & Box Terri	NEW INSTRUCTOR 8:15-9:15 Power Cycle Jamie
10:30-11:30  Ingrid	9:30-10:15 *Boot Camp & Box Angie	NEW CLASS 10:15-11:00 Abs & Power Cycle Angie	9:00-9:45 Express Cycle & Abs Mary	NEW CLASS 10:15-10:45 Core/Stretch Fusion Tracy	9:30-10:30 *Power Sculpt Terri	9:30-10:30 Vinyasa Yoga Tricia
	10:20-10:50 Express Sculpt Angie	NEW CLASS 11:00-11:45 Power Cycle Angie	9:45-10:45 *Pure Strength Shingo		10:45-11:45  Brian	
EVENING						
5:15-6:00 Yogilates Tricia	NEW CLASS 5:30-6:15 Power Cycle Jamie	NEW CLASS 5:30-6:15 Total Body Mary	NEW CLASS 5:30-6:15 Power Cycle Jamie	GROUP FITNESS SCHEDULE 5300 Sunrise Hwy, Massapequa (516) 541-4400 <hr/> THIS SCHEDULE ALSO SERVES AS A GUEST PASS. <hr/> Gym Hours Mon - Thurs: 5am – 12am Friday: 5am - 11pm Saturday and Sunday: 7am - 7pm Day Care Hours <u>Mornings:</u> Mon - Sun: 9am-1:00pm <u>Evenings</u> Mon-Thurs: 5pm – 8:30pm		
6:15-7:15 *Contact Kick Box Terri	6:30-7:15 Cardio-Sculpt Boot Camp Teddy	NEW TIME 6:30-7:15 Power Cycle & Abs Mary	6:30-7:00 Butt, Gut & Legs Teddy			
7:30-8:00 Power Cycle Mary	7:30-8:30  Donna	NEW TIME 7:30-8:30 Vinyasa Yoga Tricia	7:00-8:00  Ingrid			