


**SYNERGY FITNESS MERRICK-GROUP FITNESS SCHEDULE (516)867-7767  
EFFECTIVE:JANUARY 30, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00 SPIN LENNY		6:00-7:00 SPIN MARIE		7:00-8:00 SPIN LENNY	
9:00-10:00 SPIN KELLY	9:00-10:00 BODY SCULPT LINDA	9:00-10:00 SPIN DANA	9:00-10:00 BODY SCULPT ERICA	9:30-10:30 SPIN JANET	8:00-9:00 SPIN LENNY	7:45-8:45 SPIN WENDY
10:15-10:45 EXPRESS BODY SCULPT KELLY	10:00-11:00 BOOTCAMP CARDIO LINDA	9:00-10:00 ZUMBA KRISTEN	10:00-11:00 ZUMBA VAL	9:15-10:00 STEP SHERI	9:00-10:00 YOGA CAIT	8:45-9:45 YOGA DONNA
	10:00-11:00 PUMP & PEDAL JANET	10:15-10:45 EXPRESS BODY SCULPT DANA		10:00-10:45 SCULPT SHERI	10:15-11:15 ZUMBA VAL	10:00-11:00 ZUMBA/SCULPT KRISTEN
	11:00-12:00 ZUMBA VAL	11:00-12:00 YOGA CLEO		<p align="center"><b>HOURS OF OPERATION:</b> MONDAY 5:30AM-FRIDAY 11PM (24 HOURS) SATURDAY AND SUNDAY 7:00AM-8:00PM</p> <p align="center"><b>CHILD CARE HOURS:</b> MONDAY - SUNDAY 8:00AM - 1:00PM MONDAY - THURSDAY 4:00PM - 9:00PM</p> <p align="center">**Classes are subject to change without notice**</p> 		
4:30-5:30 BODY SCULPT CLEO	5:00-6:00 ZUMBA VAL	4:30-5:30 SPIN CLEO	5:00-6:00 ZUMBA LLOYD			
6:00- 7:00 SPIN WENDY	6:00-6:45 KICKBOX JANET	6:00-7:00 BODY SCULPT CLEO	6:00-6:45 KICKBOXING JANET			
6:30-7:00 DANA	6:45-7:30 SCULPT JANET	7:00-8:00 BOOTCAMP DANA	6:45-7:30 SCULPT JANET			
7:00-7:45 BOOTCAMP DANA	6:30-7:30 SPIN DANA	8:00-9:00 ZUMBA RUTH	6:45-7:45 SPIN LIZ			
7:45-8:30 BODY SCULPT DANA	7:30-8:30 YOGA GEETHA		7:45-8:45 YOGA LISA			