



Class Schedule for:  
 Baldwin - 830B Atlantic Ave, NY 11510 (516) 771-1717

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30-9:30am Yoga Emily		8:30-9:30am Pilates Valeria		8:30-9:30am Smartbells Peggy
9:30-10:15 am Step Jen	9:30-10:15 am KickBox Erica		9:30-10:15 am Step Ava		9:30-10:15 am Step Patti M	9:30-10:30 am Cardio/Strength Combo Peggy
10:15-11:00 am Sculpt Jen	10:15-11:00am Sculpt Erica	10:30-11:00 am Express Sculpt Patti M	10:15-11:00 am Sculpt Ava	10:30-11:00am Express Sculpt Patti M	10:15-11:00 am Sculpt Patti M	10:30-11:30 am Yoga Valeria
	6:00-6:45 pm Kickbox Patti M	4:30-5:30pm *Kid Karate Ellen	6:00-6:45pm Step Wendy	4:30-5:30pm *Kid Karate Ellen		
	6:45-7:30 pm Sculpt Patti M	6:30-7:30 pm Cardio/Strength Joe	6:45-7:30 pm Sculpt Wendy	6:30-7:30pm Cardio/Strength Erica		
	7:30-8:30 pm Pilates Valeria	7:30-8:15pm Cardio-Kick Joe  8:15-8:30pm Just Abs Joe	7:30-8:30pm Yoga Emily	7:30-8:30pm SmartBells Erica  8:15-8:30pm Just Abs Erica		



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**Club Hours:**

**Open 24 hours weekdays** / Open 5:30am Monday till **11 pm** Friday  
Saturdays open **7am** till **8pm** / Sundays open **7am** till **8pm**

**Day Care Hours:**

AM: Mon - Sun 8:00am -12:00pm  
PM: Mon - Thurs 5:00pm - 9:00pm

Questions/ Comments: [Pmorris@synergyfitclubs.com](mailto:Pmorris@synergyfitclubs.com)

- \* Kid Karate classes require an additional fee
- \* All classes subject to change without notice