

synergy

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
9:30-10:30 Total Body Vanessa	8:15- 9:15 Basic Total Body Michele	5:30- 6:30 Power Cycle Lisa	8:15- 9:15 Basic Total Body Kim	5:30- 6:30 Cycle, Abs & Arms Michele	7:30-9:00 Power Cycle Challenge Kristen	MONTHLY CYCLE CHALLENGE 8:30-10:00 ONLY Last Sunday of every month
10:30-11:30 Power Cycle Kristen	9:30- 10:15 Boot Camp Michele	10:00-11:00  Raphael	9:30- 10:15 Cross Training Tricia	9:30- 10:15 Kick Box Tricia	9:30- 10:30 Cardio Interval Circuit Donna	10:30-11:30 BEGINNER ZUMBA Diana B.
	10:15-10:45 Express Sculpt Michele		10:15-11:00 Power Cycle Kristen	10:15-10:45 Express Sculpt Tricia		
Evening						
5:30-6:30  Sonia	6:00- 6:30 Express Power Sculpt Tricia	6:00-7:00 Cardio Interval Blast Donna	6:00-7:00  Lisa F.	<p><u>Gym Hours</u> Mon - Thurs: 5am - 12am Friday: 5am - 11pm Saturday and Sunday: 7am - 8pm</p> <p><u>Day Care Hours</u> <i>Mornings:</i> Mon - Sun: 9am-12:30pm Sat & Sun: 8am-12:30pm <i>Evenings</i> Mon-Thurs: 5pm - 9pm</p>		
6:30- 7:30 Power Cycle Lisa	6:30- 7:30 Cardio Kick Box Tricia	7:15- 8:15 Power Cycle Laura	7:00-7:45 Power Sculpt Allyson			
8:00- 9:00 Vinyasa Yoga Diana			8:00- 9:00 Vinyasa Yoga Diana			

Synergy Fight Club

Tuesday	Wednesday	Thursday	Friday	Saturday
7:00p- 8:00p Boxing	7:00p- 8:00p Muay Thai (Kick Boxing) 8:00p- 9:00p Brazilian Jiu Jitsu	7:00p- 8:00p Brazilian Jiu Jitsu	6:00p- 7:00p Fight Night	11:00a- 12:00p MMA

We now offer unlimited tanning

for ONLY \$9.99/month!!

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