


SYNERGY

2709 Hempstead Turnpike
 Levittown, NY
 Phone: (516) 579-4884

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
	9:30-10:15 Circuit Training Vanessa	9:30-10:30  Val	9:30-10:30 Cardio Sculpt Vanessa	10:00-11:00 Mat Pilates Dana	9:00-10:00 Cardio Kick Fusion Vanessa	9:30-10:30 Weight Training Vanessa
				NEW CLASS 11:00-12:00  Liz	10:00-10:30 Express Sculpt Vanessa	10:30-11:30 Vinyasa Yoga Kim
Evening						
5:00-6:00 Cardio Dance Liz		5:15-6:15  Liz		5:00-6:00  Sonia		
NEW CLASS 7:15-8:15 POWER ATHLETICS Lenny	6:00-6:45 Boot Camp Lisa	NEW CLASS 7:15-8:15 POWER ATHLETICS Lenny	6:00-6:45 Total Body Conditioning Lisa	6:15-7:15 Vinyasa Yoga Kim		
	6:45-7:30 Cardio Kick Fusion Lisa		6:45-7:30 Cardio Fusion Lisa			
	7:45-8:45  Liz					

Gym Hours
 24 hours Monday -Friday
 Mon: 5:30 am
 Friday: 11:00 pm
 Saturday and Sunday:
 7am - 8pm
Day Care Hours
Mornings:
 Mon - Sun: 9am – 1:00pm
Evenings
 Mon-Fri: 5pm - 9pm