







SYNERGY

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
9:30-10:30 Power Cycle & Abs Mary	NEW FORMAT 5:30-6:30 *Cardio Box 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	8:15-9:15 Power Cycle Jamie
10:30-11:30  Ingrid	9:30-10:15 *Boot Camp & Box Angie	10:15-11:15 Power Cycle & Abs Angie	9:00-9:45 Express Cycle & Abs Mary	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 10:00-10:45  Mary		10:45-11:45  Brian	
EVENING						
5:15-6:00 Yogilates Tricia	5:30-6:15 Power Cycle Jamie	NEW CLASS 5:30-6:15  Mary	5:30-6:15 Power Cycle Jamie	GROUP FITNESS SCHEDULE 5300 SUNRISE HWY, MASSAPEQUA (516) 541-4400		
6:15-7:15 *Contact Kick Box Terri	6:30-7:15 Cardio-Sculpt Boot Camp Teddy	6:30-7:15 Power Cycle & Abs Mary	6:30-7:00 Butt, Gut & Legs Teddy	<hr/> THIS SCHEDULE ALSO SERVES AS A GUEST PASS. <hr/>		
7:30-8:00 Power Cycle Mary	 7:30-8:30 Donna	7:30-8:30 Vinyasa Yoga Tricia	 7:00-8:00 Ingrid	GYM HOURS MON - THURS: 5AM - 12AM FRIDAY: 5AM - 11PM SATURDAY AND SUNDAY: 7AM - 7PM DAY CARE HOURS MORNINGS: MON - SUN: 9AM-1:00PM EVENINGS MON-THURS: 5PM - 8:30PM		