

EFFECTIVE October 1, 2018

GROUP FITNESS SCHEDULE – SYNERGY BALDWIN (516)771-1717

MONDAY:	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:30AM INSANITY JEN	6:00-7:00AM PIYO LISA M	5:45-6:30AM BOOT CAMP VAL	6:00-7:00AM POWER CORE PILATES LISA M		
8:30-9:30 STRONG ILONA	8:15-9:15 YOGA ED	9:00-9:45 BOOTYFUL LEGS VAL	8:15-9:15 YOGA LYNN C		8:30-9:30 ZUMBA VAL	8:00-9:00 YOGA DEBORAH
9:30-10:15 TOTAL TONE ILONA	9:30-10:30 ZUMBA VAL	9:45-10:30 GUNS (ARMS/BACK/CHEST) VAL	9:30-10:30 ZUMBA CLASCY	9:30-10:15 CARDIO KICKBOXING PATTI M	9:30-10:30 INSANITY TOM	9:15-10:15 INSANITY JEN
10:15-11:00 CARDIOCOMBO SHERI	10:30-11:00 SUPER SCULPT PATTI M	10:30-11:00 AB ATTACK VAL	10:30-11:00 SUPER SCULPT PATTI M	10:15-11:00 TOTAL TONE PATTI M	10:30-11:30 YOGA DONNA	10:15-11:00 CARVE & CHISEL JEN
5:15-6:00PM AB ATTACK/ BOOTYFUL VAL	5:15-6:00PM STRENGTHEN & TONE LISA	5:15-6:00PM TOTAL TONE SHEILA	5:15-6:00PM STRENGTH & TONE PILATES LISA M			
6:00-7:00 ZUMBA VAL	6:00-7:00 INSANITY TOM	6:00-7:00 ZUMBA LLOYD	6:00-7:00 P90X TOM			
7:00-7:30 GUNS (ARMS ONLY) VAL	7:00-7:30 EXPRESS SCULPT TOM	7:00-8:00 STRONG ILONA	7:00-7:30 GUNS CLASCY			
7:30-8:30 YOGA DEBORAH	7:30-8:30 ZUMBA EMMA	8:00-9:00 YOGA: YOGA -SPIRITUAL WARRIOR JACKIE D.	7:30-8:30 ZUMBA CLASCY			



OPEN 24 HOURS 7 DAYS A WEEK
CHILD CARE HOURS:
MON- SUN 8:00 AM 12:00PM
MON- THUR 5:00PM – 9:00PM



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REVISED 9/24/18

CLASSES SUBJECT TO CHANGE WITHOUT NOTICE

KNOW ANY GROUP FITNESS INSTRUCTORS? SYNERGY IS ALWAYS LOOKING FOR TEAM MEMBERS! ANYONE INTERESTED, PLEASE TEXT VAL AT 516-279-9692

