

:::STUDIO by synergy :::

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEAVY BAG HAVOC 8:30-9:30 JEFF		HEAVY BAG HAVOC 8:30-9:30 JEFF				
TRX 9:30-10:15 VAL K.			TRX 9:30-10:15 VAL K.			
TEMPER TANTRUM 5:30-6:15 JEFF						
TRX 6:45-7:30 VAL K.	HEAVY BAG HAVOC 6:45-7:45 JEFF	TRX 6:45-7:30 VAL K.		<p><i>STUDIO</i> by synergy is open!</p> <p>Monthly Memberships & Packages Available NOW! (studio located on 2nd floor of main gym) <i>Purchase your membership/package at</i> Synergy Fitness of Baldwin YOU can now reserve your place in ANY classes ONLINE!</p> <p>Visit www.synergyfitnessli.com OR download the <i>MINDBODY Connect</i> Mobile APP after your purchase!!</p> <p>Synergy Fitness of Baldwin @synergyfitnessbaldwin @sfcaldwin</p> <div style="display: flex; justify-content: space-around; align-items: center;"> </div>		

830B Atlantic Ave Baldwin, NY 11510 **516-771-1717**

****classes MUST be reserved online or through the MINDBODY Connect mobile app **classes are subject to cancelation / change within 3 hours of class times ** nov 2016**