



Class Schedule for:
 Franklin Square - 999 Hempstead Tpke, Franklin Square, NY 11010
 (516) 326 - 8100

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am BOOT CAMP Lauren	8:30 am Boxercise Ray	8:30 am Power Cycle Donna	8:30 am Power Cycle Marianne	9:15 am Kick-Combo Ray	8:30 am Power Pilates Donna	8:15 am Spin & Track Donna
9:45 AM ALL ABOUT ABS Lauren	9:15 am Cardio Conditioning Ray	9:15 am Boot Camp Donna	9:15 am Power Cycle Marianne	10:00 am ALL ABOUT ABS Ray	9:15 am CLUB MIX SPIN Marianne	9:15 am Cardio Kickboxing Donna
10:15 am Power Cycle Lauren	10:00 am Full Power Challenge Ray	10:00 am 6 Pak Abs Donna	10:15 am Hard Body Sculpt Marianne	10:15am Beginner Yoga Luciana	10:15 am Full Power Challenge Marianne	10:00am Power Yoga Luciana
	6:30 pm Rock & Roll Spin Lauren	6:30 pm Power Step Combo Rebecca	6:30 pm SIX PACK ABS Donna	6:30 pm Power Yoga Luciana	6:30 pm Yoga Fusion Donna S.	
	7:00 pm Boot Camp Ray	7:45 pm Power Cycle Rebecca	7:15 pm Spin & Track Donna	7:30 pm Shake it & Sculpt it Roe		
	8:00 pm Core & More Ray	7:30 pm Yoga Fusion Donna S.	8:00 pm Hard Core Total Body Tommy	8:00 pm All About Abs Roe		



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Day Care Hours:

AM: Mon - Sat 8:00am -12:00pm

PM: Mon - Fri 5:30pm - 9:00pm

Questions/ Comments: gbini@synergyfitclubs.com



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Class Descriptions:

6 Pack Abs: 15 (30) minutes of core burning, non-stop abs, low back and oblique's.

Full Power Challenge: A total body work-out using paper plates, dumbbells, body bars, and the step and Physio balls to firm and tone your body.

Cardio Conditioning: An aerobic workout combining various types of equipment or workouts to combine a fun, challenging total body challenge.

Cardio Kickboxing: A high- impact, high intensity, non-stop, non-contact 45-minute workout where you kick and punch your way to a gorgeous physique. Geared towards the more advanced exerciser but beginners feel free to step up to the challenge, just let the instructor know that you are new.

Boxercise: Ray's traditional boxing moves are used to develop cardiovascular fitness, agility and quickness. All participants are required to wear boxing gloves.

Hard Core Total Body: Tommy's signature total body work-out using your own body and dumbbells for a hard core burn. Class includes jumping jacks and various plyometric drills to get your heart-rate up to sweat. An intense upper and lower body workout with a strong focus on defining the core muscles by challenging both strength and stability. Using weights, the body bar, and a step, this class will help you define your body from head to toe.

Power Cycle: A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focuses on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

Yogilates: A contemporary fusion of Pilates and Yoga moves, with stretching and core training. Technique is based on instructor backgrounds of dance, exercise physiology and movement.

Power Yoga: A vigorous, dynamic, physically and spiritually energizing form of yoga that sculpts and tones every muscle in the body. Includes various elements of many different yoga styles.

Upper Body Burn: A 30-minute power half-hour of intense arm and shoulder exercises.