

GROUP FITNESS SCHEDULE – SYNERGY FITNESS LONG BEACH (516)432-6300

MONDAY 6:00-7:00am Body Conditioning Dana	TUESDAY 6:00-7:00am Power Cycling Ina	WEDNESDAY 6:00-7:00am Body Conditioning Dana	THURSDAY 6:00-7:00am Body Bar Dana	FRIDAY 6:00-7:00am Cycle/Sculpt Fusion Dana	SATURDAY	SUNDAY
8:00-8:45am Express Cycle Gail	8:15-9:15am Powerspin Ilona	8:30-9:30am Powerspin Gail	9:00-10:00am Spin Elaine		8:00-9:00am Step/Abs Rosa	8:00-9:00am Insanity Tom
8:45-9:30am Express Total Body Gail	9:00-9:45am Pound Lisa		9:00-9:30am Cardio Kickbox Lisa	8:30-9:30am Total Body Gail	8:30am-9:30am Power Cycling Patty	9:00-10:00am Spin Julio
9:30-10:30am Zumba Esther	9:30-10:30am <u>Spin-Ilona</u> 9:45-10:30 Body Conditioning- Lisa	9:30-10:30am <u>Spin-Tracy</u> 9:30-10:30 Insanity Jen J.	9:30-10:30am Hard Core Rosa	9:30-10:30am <u>Spin – Gail</u> 9:30-10:30 Insanity Jen J.	9:00-10:00am High Intensity Flex	9:00-10:00am Boot Camp Rosa
		10:45-11:45am Yoga Elizabeth		10:45-11:45am Yoga Elizabeth	10:00-11:00am Zumba Carla	10:15-11:15am Yoga Cleo
4:30-5:30pm Yoga Sharon		5:00-5:45pm Pound Lisa	4:30-5:30pm Power step Rosa	 <p align="center"> HOURS OF OPERATION -24 Hours / 7 Days a Week <u>CHILD CARE HOURS</u> Monday-Sunday 8:00am-1:00pm Monday – Thursday 4:00pm-9:00pm Friday 4:00pm-7:00pm BRING A GUEST ON US!! </p> <p>  LIKE us on Facebook: Synergy Fitness of Long Beach  FOLLOW us on Instagram: @synergyfitnesslb  FOLLOW us on Twitter: @sfclongbeach </p>		
5:30-6:30pm Zumba Christine	5:30-6:30pm Power sculpt Julio	5:30-6:30pm <u>Spin – Julio</u> 5:30-6:30 Kickbox-Pasquale	5:30-6:30pm Yoga Kristen			
6:30-7:30pm Body Conditioning Rosa	6:30-7:30pm <u>Power step- Rosa</u> 6:30-7:30 Spin-Julio	6:30-7:30pm Hardcore Total Body Flex	6:30-7:30pm <u>Zumba – Suzy</u> 6:30-7:30 Spin- Cleo			
7:30-8:30pm Power Cycling Julio	7:30-8:30pm Yoga Jamie	7:30-8:30pm Kickbox Sculpt Alonna	7:30-8:30pm Insanity Tom			

Revised 5/26/15