

Group Fitness Schedule - Synergy Fitness Lynbrook (516) 593-9100

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:30am Step Carla	9:00-10:00 <i>Spin</i> <i>Donna</i>	6:00-7:00am Spin Maria		8:30-9:30am Step Carla		
9:30-10:30am Spin Josephine	10:00-11:00 Body Sculpt Donna	9:00-10:00am Power Piloxing Donna	9:30-10:30am Spin Donna	9:30-10:30am Spin Josephine	9:00-10:00am Kickboxing Carla	9:00-10am Yoga Linda
		10:00-11:00am Zumba Esther			9:00-10:00am Spin Rose	
6:00-7:00pm Spin Rose	6:00-7:00pm Spin Rose	6:30-7:30pm <i>Spin</i> <i>Donna</i>	6:00-7:00 Bootcamp Rose		10:00-11:00am Bootcamp Rose	
7:00-8:00pm Boot Camp Rose	6:00-7:00pm <i>Cardio Kickbox</i> <i>Louraine</i>	7:30-8:30pm <i>Power Piloxing</i> <i>Donna</i>	7:00-8:00 <i>Zumba</i> <i>Kay</i>			
	7:00-8:00pm Zumba Louraine			Kids Club Hours: Monday-Thursday: 8:30-12:00pm and 5:30-9:00pm Friday: 8:30am-12:00pm Saturday & Sunday: 8:00-12:00pm Gym Hours Mon 5:00am -Fri midnight 7:00am-8:00pm Sat/Sun		
	8:00-9:00pm Spin Rose					

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Effective 2/14/2016