



SYNERGY FITNESS MERRICK-GROUP FITNESS SCHEDULE

(516)867-7767 **EFFECTIVE: OCTOBER 1, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 INSANITY JEN	6:00-7:00 RISE N' RIDE LENNY	6:00-6:45 INSANITY MARIE	6:00-7:00 RISE N' RIDE MARIE	6:00-6:45 INSANITY JEN	7:00-7:55 SPIN LENNY	7:45-8:25 the RYDE PHIL
7:45-8:25 YOGA CLEO	8:00-8:55 BARBELL ERIC	8:00-8:40 YOGA FABIANA	8:00-8:40 KICKBOXING ERIC	7:00-7:45 YOGA JACKIE	8:00-8:55 SPIN LENNY	7:45-8:25 INSANITY JEN
8:30-9:10 MAT PILATES LISA M	9:00-9:55 SCULPT MERRI	8:45-9:25 BODYSHRED/ABS KELLY	8:45-9:25 POWER PILATES LISA M	8:45-9:40 KICKBOX ERIC	8:00-9:00 KICKBOXING ERIC	8:30-9:30 YOGA DONNA
9:00-9:45 SPIN CLEO	9:30-10:30*** PUMP & PEDAL JANET	9:30-10:30 SPIN KELLY	9:00-10:00*** SPIN JANET	9:30-10:30*** PUMP & PEDAL JANET	9:00-10:00 YOGA ANGIE	9:35-10:30 SPIN HEATHER
9:15-9:55 KICKBOXING ERIC		9:30-10:25 1W8 SCULPT ERIC	9:30-10:25 TOTAL TONE HEATHER	9:45-10:15 BODYSHRED HEATHER	10:05-11:00 SPIN DIANE	9:45-10:30 POUND SHEENNAH
10:00-10:30 EXPRESS SCULPT CLEO	10:00-10:30 GUNS CLASCY			10:15-11:00 PILOXING HEATHER	10:15-11:15 ZUMBA VAL	10:30-11:30 ZUMBA LLOYD
10:35-11:30 ZUMBA VAL	10:35-11:30 ZUMBA ESTHER	10:30-11:15 STEP LISA M	10:30-11:30 ZUMBA VAL	11:00-11:45 TOTAL TONE HEATHER	***MUST CALL after 7am on the day of class to reserve a bike. Bikes only held until 5 minutes prior to start time. Unreserved bikes are on first come first served basis. ***	
4:00-4:55 TOTAL TONE HEATHER	4:00-4:55 ULTIMATEPOWERSCULPT LISA M	4:00-4:55 SCULPT CLEO	4:00-4:55 PiYo LISA M	4:00-4:30 EXPRESS SCULPT CLEO	HOURS OF OPERATION Mon. 4:30am-Fri. 11pm Sat. & Sun. 6am-10pm CHILD CARE HOURS: DAILY: 8:00AM-1:00PM MON-THUR.: 4:00PM-9:00PM	
5:00-5:55 ZUMBA CLASCY	5:00-5:55 ZUMBA VAL	4:30-5:30 SPIN DIANE	5:25-5:55 BODYSHRED JANET	4:45-5:30 SPIN CLEO		
6:00-7:00 SPIN PHIL	6:00-6:30 BODYSHRED JANET	5:00-5:55 KICKBOXING ERIC	6:00-6:30 CARVE & CHISEL JANET	5:05-6:00 KICKBOXING ERIC		
6:00-6:55 P90X KELLY	6:35-7:15 CARVE & CHISEL JANET	6:00-6:55 POWER SCULPT HEATHER	6:35-7:30 KICKBOXING ERIC	 <p>Follow us on Facebook, Instagram & Twitter for up to the minute changes</p> <p> @ Synergy Fitness of Merrick</p> <p> @ synergyfitnessmerrick</p> <p> @sfcmerriick</p>		
7:00-7:55 KICKBOXING ERIC	7:00-7:55 PUMP & PEDAL VAL	6:30-7:30 SPIN BRETT	7:00-8:00 SPIN MARIE			
8:00-9:00 YOGA WENDY	7:20-8:00 PIYO LISA M	7:00-7:55 ZUMBA CHRISTINE	7:30-8:15 POUND MEGAN			
	8:05-9:05 YOGA ANGIE	8:00-9:00 TAI CHI MARVIN				

****CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE

revised11/8/18

CLASS DESCRIPTIONS

INSANITY: A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results & a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training delivered in 45 & 60 minute formats.**

MAT PILATES: Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. Mat Pilates is a great way to begin your Pilates experience before moving on to more advanced techniques and equipment. **

POWER PILATES: Standing, this Pilates class adds cardio and strength training to its core intensive, traditional format. More of an advanced technique, but still offers modifications for beginners.

PIYO: PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

PILOXING: A fun, engaging and non-stop cardio fusion of standing Pilates, boxing & dance. Weights are used at the discretion of the participant & at the instructor's recommendation. The class can also be done wearing socks with bottom grips.

SPIN: Synchronized to amazing music, indoor cycling classes focus on intervals of speed and resistance to increase strength, endurance & cardiovascular health. Each participant is in control of their own cycle & its level of resistance with an instructor to guide them through their journey.

PUMP AND PEDAL: Mixes all of the elements of a traditional Spin class with time spent off the bike doing weighted exercises using dumbbells.

POUND: POUND is a full-body cardio JAM session, combining light resistance with constant simulated drumming using weighted 'ripstix' provided by the gym. The workout fuses cardio, Pilates, isometric movements, plyometrics & Isometric poses into a 45-minute series. Pound out your frustrations & work your body like a rock star!**

JILLIAN MICHAELS BODYSHRED: Jill's own custom program incorporating the most modern fitness techniques & high performance tactics blended into a single 30-minute fast paced holistic workout to deliver results in the most efficient, accelerated way possible! NON-STOP movement alternating 3 minutes of strength and resistance training, 2 minutes of cardio & 1 minute of active recovery / core work will cover all of your workout needs for the day. This program should only be done 3-4x/week.**

P90X: A rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work, & more. Using the science of Muscle Confusion™, P90X constantly switches things up to help you bust through plateaus. Plus, there are modifications so people at any level can partake.

ZUMBA: The ultimate in fitness fun, Zumba Fitness, is a Latin-inspired cardio-dance workout that uses music & choreographed steps to form a fitness party atmosphere. While Zumba features Latin inspired music, you may also hear everything from African soca to hip-hop, pop & other music styles. Expect for your choreography to be **fitness** inspired! You're only a beginner ONCE!

KICKBOXING: High intensity cardio class incorporating all of the basic strikes taught in a kickbox class, without using bags. Expect to push your limits!!

1W8 SCULT: Strictly body sculpting using ONE single weighted dumbbell. A way of sculpting that will challenge your core strength as well as the rest of your body!

BARBELL: Sculpting using a variety of our weighted bars, thereby challenging balance and increasing core strength & stability.

CARVE & CHISEL: Strictly body sculpting using a variety of exercises to carve each muscle from origin to insertion. Participants are encouraged to use their max weight capacity!

POWERSCULPT/ULTIMATE POWERSCULPT: A total body sculpt class incorporating weight bearing exercises with power and cardio moves in 45 & 60 minute formats

TRIPLE BURN SCULPT: Combine cardio and weights for a total body workout designed to bring your muscles to failure. Learn to push yourself to YOUR max potential.

FULL BODY FUSION: All Cardio, all the time. Elevate your heart rate straight to the target, fat burning zone and keep it there while working head to toe.

TOTAL TONE: Toss the cardio, grab the weights and take group through a hard core hour of full body toning

GUNS: An arm workout LIKE NO OTHER. Tone your upper body in a way you never thought possible - using ultra light weights, sitting down and eliminating ANY movement that isn't used to train the very specific muscle you're working. Learn how even the smallest movement can change the way you train and create long lean muscles working twice as hard with half the weight!

TAI CHI: An art embracing the mind, body and spirit – Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

YOGA: a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

NOTE: Group Fitness classes are for **EVERYONE** regardless of age, size and level of fitness. It is your instructor's job to deliver the most challenging, intense, enjoyable and SAFE program to you, our members. EVERY class can be modified to accommodate age, injury and fitness level. Speak to your instructor if you need a modification to suit your needs. Please check with your physician before engaging in any high intensity cardio activity.

****mats are provided, but your own yoga mat is highly recommended**