





One Life. Live Well.

Murray Hill Group Fitness

Effective May 17, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HATHA FLOW YOGA 9-10am Amalia	Morning Class Starting Soon!	Spinning 6:00-7:00AM BONNIE	TOTAL BODY 6:00-7:00AM SEVA		Morning Class Starting Soon!	
Spinning 10-10:45 AM Bonnie	Belly Dance 12:15 - 1:15pm STARTS June 7th	Zumba! 12:15 - 1:15pm STARTS June 1st		Body Sculpt! 12:15 - 1:15pm STARTS June 3rd		NEW TIME! Bootcamp 10 – 11am Lazarus
CAPOIERA 3- 5pm PAOLO- IRIS			Spinning 6 – 7:pm Marcel	STEP cardio 6:30-7:30 PM SEVA	SPINNING 6- 6:45 PM Francesca	
	BOOT CAMP FUSSION 7- 755 PM BONNIE	Synergy Sculpt 7-7:55pm EO	Vinyasa Yoga 7 – 8pm Andria	Fullbodycontrol 8:00-9:00pm Jelena	Classic Boxing 7 – 8pm Lambros	
	Cardio Kick 8 – 9pm Christos	pilates 8 – 8:55pm ANNA	DANCE FUSION 8 -8:55 PM EO			

GO 4 IT!
4 Days FREE* for you and a friend
open 24 hours!
 **ONE LIFE. LIVE WELL**
AT OUR NEWEST LOCATION
31ST AND LEXINGTON
(212) 213-0400

*FOR OTHER LOCATIONS VISIT US AT WWW.SYNERGYFITCLUBS.COM
*TERMS AND CONDITIONS APPLY. ALL GUEST POLICIES APPLY. MUST HAVE LOCAL PHOTO ID AND BE FIRST TIME GUEST. PASS IS FOR 4 CONSECUTIVE DAYS.

Instructors and classes subject to change Call 212.213.0400 for updates

3. NO ONE admitted ten minutes after the class has started
4. Classes end five minutes before scheduled time to allow for transition time
5. Members are permitted to use the Group Exercise Room during selected times
6. **Everyone should consult with a physician before beginning an exercise program.**

Group Exercise Coordinator: Marcel Bellucci marcel@SynergyFitClubs.com *(Comments and Suggestions are welcomed)*

Fitness Club Hours:

Monday OPEN 5am (24 hours weekdays) Friday CLOSE at 11pm. Saturday and Sunday 7am-9pm