


# *Synergy Fitness Staten Island* **GROUP CLASS SCHEDULE**

Effective February 1<sup>st</sup> 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Spinning</b> 10:30am Stacey	<b>Synergy Core &amp; Total Body Makeover</b> 9:00am Brie	<b>Pilates</b> 9:30am Joelle A.	<b>Step &amp; Sculpt</b> 9:30am Brie	<b>Synergy Sculpt</b> 9:30am Brie	<b>Pilates</b> 9:00am Joelle	<b>Spinning</b> 10:30am Stacey
				<b>Starting 2/19 Zumba</b> 10:30am Claudia		<b>Yoga</b> 11:30am Joelle
						<b>Zumba</b> 1:30pm Claudia
				<b>Pilates</b> 5:30pm Joelle		
	<b>Zumba</b> 6:30pm Claudia	<b>Synergy Core &amp; Total Body Makeover</b> 6:30pm Brie	<b>Synergy Boot Camp</b> 6:30pm Mike A.	<b>Starting 1/22 Zumba</b> 6:30pm Joelle		
	<b>Starting 3/2 Cardio Kick</b> 7:30pm Diana	<b>Synergy Sculpt</b> 7:30pm Karen	<b>Pilates</b> 7:30pm Joelle	<b>Spinning</b> 7:30pm Liz	<b>Synergy Boot Camp</b> 7:00 pm Mike A.	
Child Care Hours ▶▶▶	9am - 12pm 5pm - 9pm	9am - 12pm 5pm - 9pm	9am - 12pm 5pm - 9pm	9am - 12pm 5pm - 9pm	9am - 12pm	9am - 12pm

Group Exercise Coordinator: Mike Ambro [mikeambro@aol.com](mailto:mikeambro@aol.com)

Instructors and classes subject to change. Call 718-477-5545 for updates

- 1 NO ONE admitted ten minutes after the class has started
- 2 Classes end five minutes before scheduled time to allow for transition time
- 3 Members are permitted to use the Group Exercise Room during selected times (please refrain from using the stereo)
- 4 Everyone should consult with a physician before beginning an exercise program.

Hours of Operation: Monday open 4:30am (24 hours weekdays) close at 9pm on Sunday  
(718) 477-5545