

-Synergy Group Fitness Schedule-
190 Broadway, Garden City Park, NY 11040 (516) 742-4477

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*5:45 - 6:45 am Power Cycle Maria			5:45 - 6:45 am Power Cycle Sylvia		7:00 – 8:00 am Dan's Brutal Power Bootcamp	8:30 – 9:15 am Cycle Circuit Donna S. 9:30 – 10:30 am Power Cycle Ellen
8:30 - 9:30 am Yoga Lorili	8:30 - 9:30 am Body Sculpt Donna S	8:45 – 9:45 am Power Cycle Liz	8:30 – 9:30 am Power Cycle Lisa	8:30 - 9:30 am Pilates Donna S	8:00 – 9:00 am Power Cycle Sylvia	9:30 - 10:30 am Body Sculpting Donna S
8:30-9:30 am Power Cycle Lisa		9:00 – 10:00 am Core and More Lorili			9:00 – 10:00 am Core and More Donna S	
9:30 -10:30 am Body Sculpting Lisa	9:30 – 10:30 am Tuesday Triple Play Donna S	10:00 - 11:00 am Yoga Lorili	9:30 – 10:30am Body Sculpting Lisa	9:30 - 10:30 am Boot Camp Donna S	9:30 – 10:30 am Power Cycle Bernie	10:30 - 11:30 am Yogilates Donna Sender
10:30-11:30am Zumba® Dana					10:00 – 11:00 am Zumba® Michelle	
	<u>Senior Fit Classes</u> 10:45 – 11:45 am Yoga Stretch Donna S	<u>Senior Fit Classes</u> 11:00 – 12:00 pm Range of Motion Lisa	<u>Senior Fit Classes</u> 10:45 – 11:45pm Cardio Circuit Lisa	<u>Senior Fit Classes</u> 10:45 – 11:45 am Range of Motion Donna S	<p align="center">Questions or Comments? Email: Ramosa225@gmail.com</p> <p align="center">Schedule effective September, 2014 *New Class / New Time / New instructor</p> <p align="center">Club Hours Monday-Thursday Open 24 hours!! Friday Open until 11pm Saturday and Sunday 7am-8pm</p> <p align="center">Day Care Hours: Monday - Friday 8:30am – 12pm Monday 5pm – 9pm Tuesday - Thursday 5pm – 8:30pm Saturday & Sunday 8:00am – 12:00pm</p>	
5:30-6:30pm *Pound Stephanie		5:30 – 6:00 pm Rock Solid with Janet	5:30-6:30pm Jenny's Bootcamp			
5:30-6:30pm Power Cycle Kevin	5:30-6:30pm Pilates Sculpt Jenny	6:00 – 7:00 pm Dan's Brutal Power Bootcamp	6:30–7:30 pm Kayo Kickboxing Mike	5:30-6:30pm Zumba Keri		
6:30-7:30pm Pilates Sculpt Cami	5:30-6:30 pm Power Cycle LIZ		7:00 – 8:00 pm BERN Baby BERN! Bernie	6:30 - 7:30 pm Power Cycle Danielle		
6:30 – 7:30 pm Power Cycle Danielle	6:30 - 7:30 pm *Bootcamp Catherine	7:00 - 8:00 pm Power Cycle CHRIS				
7:30-8:00pm Cut to the core Bernie	6:30 – 7:30 pm Cycling Kevin	8:00 – 9:30 pm Yoga Lorili	7:30 – 8:30 pm Body Sculpting Catherine			
8:00-9:00pm Cardio Funk Bernie	7:30 – 8:30 pm Zumba® Jessica					