







Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>						
<b>9:30-10:30</b> <b>Power Interval Training</b> Donna	<b>8:15- 9:15</b> <b>Basic Total Body</b> Kim	<b>5:30- 6:30</b> <b>Power Cycle</b> Susan	<b>8:15- 9:15</b> <b>Basic Total Body</b> Kim		<b>8:00-9:00</b> <b>Power Cycle</b> Laura/Ellen	<b>10:30-11:30</b> BEGINNER  Diana B
<b>10:30-11:00</b> <b>Stretch Fusion</b> Donna	<b>9:30-10:30</b> <b>Vinyasa Yoga</b> Tracy	 <b>9:30-10:30</b> <b>20/20/20</b> Tricia	<b>9:30-10:15</b> <b>Cardio Kick Fusion</b> Tracy	<b>9:30-10:15</b> <b>Piloxing</b> Tricia	<b>9:30- 10:30</b> <b>Cardio Interval Circuit</b> Donna	
	<b>10:45-11:45</b> <b>Silver Sneakers CLASSIC</b> Mary	 <b>10:30-11:30</b> Raphael	<b>10:15-11:00</b> <b>Gentle Yoga</b> Tracy	<b>10:15-10:45</b> <b>Pilates Stretch &amp; Sculpt</b> Tricia		
			<b>11:00-12:00</b> <b>Silver Sneakers CLASSIC</b> Merri			
<b>Evening</b>						
 <b>5:15-6:15</b> Sonia	<b>6:30- 7:30</b> <b>TABATA</b> Carleen	<b>6:00-7:00</b> <b>Cardio Interval Blast</b> Donna		 <b>5:30-6:30</b> Sonia		
<b>6:30- 7:30</b> <b>Power Cycle</b> Beth	 <b>7:45-8:45</b> Angela	<b>7:15- 8:15</b> <b>Power Cycle</b> Laura	 <b>7:00-8:00</b> ZUMBA	<b>Synergy Fitness</b> <b>410 Conklin st, Farmingdale</b> <b>(516) 777--4374</b>  <u>Gym Hours</u> Mon - Thurs: 5am - 12am Friday: 5am - 11pm Saturday and Sunday: 7am - 8pm <u>Day Care Hours</u> <u>Mornings:</u> Mon - Friday: 9am-12:30pM Sat & Sun: 8am-12:30pm <u>Evenings</u> Mon-Thurs: 5pm – 9:00pm		
<b>8:00- 9:00</b> <b>Vinyasa Yoga</b> Michele			<b>8:15- 9:15</b> <b>Vinyasa Yoga</b> Michele			