

**-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					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 LIZ
8:30 - 9:30 AM YOGA LORILI	8:30 - 9:30 AM PILATES SCULPT DONNA S	8:30 – 9:30 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 KEVIN	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 POWER CYCLE W/ AB'S DONNA S	10:00 - 11:00 AM YOGA LORILI	9:30 – 10:30AM BODY SCULPTING LISA	9:30 - 10:30 AM CARDIO BOXING DONNA S	*9:30 – 10:30 AM POWER CYCLE LIZ	10:30 - 11:30 AM YOGILATES DONNA SENDER
*10:30-11:30AM ZUMBA® MICHELLE					10:00 – 11:00 AM ZUMBA® MICHELLE	
	<i>SENIOR FIT CLASSES</i> 10:45 – 11:45 AM YOGA STRETCH DONNA S	<i>SENIOR FIT CLASSES</i> 11:00 – 12:00 PM RANGE OF MOTION LISA	<i>SENIOR FIT CLASSES</i> 10:45 – 11:45PM CARDIO CIRCUIT LISA	<i>SENIOR FIT CLASSES</i> 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 NOVEMBER, 2015 *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>	
		5:30 – 6:00 PM ROCK SOLID WITH JANET				
*6:00-7:00PM 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 BOOT CAMP CATHERINE	6:30-7:30 YOGA DONNA		
6:30-7:30PM PILATES SCULPT CAMI	5:30-6:30 PM POWER CYCLE LIZ					
7:00– 8:00PM POWER CYCLE LIZ	6:30 - 7:30 PM BOOTCAMP CATHERINE	*6:15 - 7:15 PM POWER CYCLE CAMI	*6:30 - 7:30 PM SPIN NIGHT CAMI			
7:30-8:00PM CUT TO THE CORE BERNIE	6:30 – 7:30 PM CYCLING KEVIN	7:00 – 8:00 PM BERN BABY BERN! BERNIE				
8:00-9:00PM CARDIO FUNK BERNIE	7:30 – 8:30 PM ZUMBA® MICHELLE	8:00 – 9:30 PM YOGA LORILI	7:30 – 8:30 PM BODY SCULPTING CATHERINE			<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>