



One Life. Live Well.

Murray Hill Group Fitness

Effective: Autumn, 2016

Fitness Club Hours:		<ul style="list-style-type: none">• OPEN 24 Hours• Mon 5:00am - Fri 11:00pm.			Saturday & Sunday 7:00am - 9:00pm	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Combat Origins Daniel Cooper @7am	The Spin Cycle Miguel @7am	Fight camp james@7:30am	Total Body Combat Daniel Cooper @7am		
	Soccer School @10am					
	Boot Camp Jeremy@12:15pm	Yoga Jeremy @12:15pm	Boot Camp Jeremy @12:15pm	Yoga Jeremy @12:15pm	Boot Camp Jeremy @12:15pm	Urban Bootcamp Terrence @12pm
						Pilates! Caitlyn @1pm
Glutes Class Emro@3pm		ALL LEVELS VINYASA James @ 5pm	Glutes Class Emro @5pm		Abs Solutions Emro @5pm	
Abs Solutions Emro @4pm	Vinyasa Yoga Andrea @6pm	Conditioning Daniel Cooper@6pm	Dance Hall Jovana@6pm	Spin Circuit Beth @ 6pm		
	Boot camp Daniel.M @7pm	Power Yoga Evelyn @7pm	Vinyasa Yoga Andrea @7pm	Urban Bootcamp Terrence@7pm		
	Zumba! jen @8pm	Salsa jovana@8pm	Total body combat Daniel Cooper @8pm	Zumba! jen @8pm		

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Instructors and classes subject to change Call 212.213.0400 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.
- 4 Please consult with a physician before beginning an exercise program.

