

Synergy Fitness (Astoria)
Group Classes 2016
(as of 12/3/16)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ZUMBA CAROL 10:00 – 11:00am	AEROBIC YOGA Ricardo 9:00 – 10:00am	VINYASA YOGA Jenna 9:00 – 10:00am	TRIPLE FAT BURN Bernice 8:30- 9:30am	TOTAL BODY WORKS Bernice 8:30 – 9:30am	AEROBIC YOGA Ricardo 9:00 – 10:00am	Matrixx Power Spin Calvin 9:00 – 10:00am Paid class
OPEN VINYASA Masami 11:00 – 12:00pm						SPINNING Bernice 10:00 – 11:00am
	CLASSIC BOXING Lambros 6:30 – 7:30pm	ZUMBA Laura 6:30 – 7:30 pm	POWER STEP COMBO Miguel 6:00 – 7:00pm			ZUMBA Laura 10:00 – 11:00am
	YOGA Natiele 7:30 to 8:30pm	SPINNING Calvin 7:30 – 8:15pm	SPINNING Calvin 7:30 – 8:15pm	SPINNING CALVIN 6:30 – 7:15pm		OPEN VINYASA Masami 11:00 – 12:00pm
	SPINNING sandy 7:30 – 8:15pm	CARDIO KICKBOX Sandy 7:30 – 8:30pm	ZUMBA Laura 7:00 – 8:00pm	STEP STRENGTH Miguel 7:00 – 8:00pm	SPINNING Brad 7:00 – 7:45pm	CAPOEIRA Paulo 5:30 – 7:30pm
	BOOT CAMP Calvin 8:30 to 9:30pm	GENTLE, THERAPEUTIC YOGA Masami 8:30 – 9:30pm	VINYASA YOGA Eudora 8:00-8:50pm	INSANITY WORKOUT Ronnie 8:00-9:00pm	ZUMBA Carol 7:30 – 8:30pm	

CLUB HOURS: 24 hrs Monday through Friday | Mondays open 5:30am till Friday 11pm. | Sat. & Sun. open 7am - close 9pm. Call (718) 267-7700.