

SYNERGY

FITNESS

999 Hempstead Tpke. Franklin Square, NY 11010

www.synergyfitclubsli.com

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30- 9:15am CARDIO KICKBOXING Ray	8:30 - 9:30am YOGA Lloyd	8:30- 9:15am BOOTCAMP Ray	8:30- 9:15am ZUMBA Kenny	8:30- 9:15am BOOTCAMP Ray	8:15- 9:00am CORE CAMP Sheila	
					9:15 - 10:00m ZUMBA Leo	
6:30 - 7:15pm CORE CAMP Sheila	6:00 - 7:00pm BERN BABY BERN Bernie	6:30 - 7:15pm CORE CAMP Sheila	6:30 - 7:15pm HIGH INTENSITY INTERVAL TRAINING Jacqueline	Classes are subject to change without notice	QUESTIONS/COMMENTS? PLEASE CALL Front Desk @ 516.326.8100	
7:15 - 8:00pm ZUMBA Leo			7:30 - 8:15pm ZUMBA Magaly			



**Synergy Fitness
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