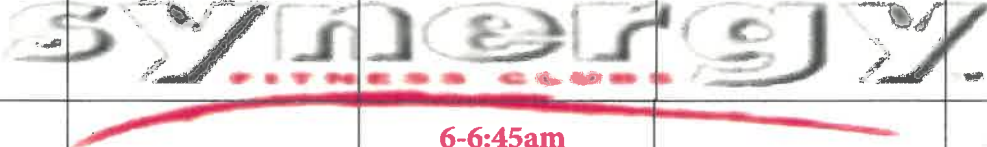


SYNERGY FITNESS OF MERRICK - GROUP FITNESS SCHEDULE

EFFECTIVE 2/15/21

MONDAY:	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
	6-6:45am Spin Marie		6-6:45am Spin Lenny			
8:30-9:15am Kickboxing Patti M	8:30-9:15am Pilates Lisa	9:00-9:30am Bodyshred Janet	8:30-9:15am Kickboxing Patti M		8:30-9:15am Yoga Nick	
9:30-10:15am Spin Patti	9:30-10:15am Carve & Chisel Lisa	9:30-10:15am Carve & Chisel Janet	9:30-10:15am Total Tone Patti	9:30-10:15 Spin Janet	9:30-10:15am Spin Lenny	9:30-10:15am Pound Sheennah
10:30-11:15am Zumba <i>Val DANA</i>		10:30-11:15am Zumba Esther		10:30-11am Express Chisel Janet	10:15-11am Zumba Val	
6-6:45pm Spin Kelly	5:15-6pm Zumba Clascy	6:00-6:45pm Body Burn Bootcamp 6:45-7:15 ABC Xpress (abs/butt/core) Sheila	5:15-6pm Zumba Dana	<p>-->Social distancing MUST be maintained at all times. Clear markings are in place to prevent confusion.</p> <p>-->Masks MUST be worn AT ALL TIMES in accordance with state and local mandates.</p> <p>-->Members must provide their own mats until further notice.</p> <p>-->Time has been allotted between classes for sanitizing equipment, however, we continue to ask that members PLEASE wipe down their equipment before AND after use.</p>		
	7-7:45pm Yoga Nick		7-7:45pm Spin Marie			

CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE! PLEASE CHECK WITH OUR WEBSITE AND SOCIAL MEDIA PAGES DAILY FOR ANY UPDATES/CHANGES