

GROUP FITNESS SCHEDULE- Synergy Fitness of Merrick

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6-6:45am SPIN Marie		6-6:45am SPIN Lenny		7:30-8:15am SPIN Lenny	
8:30-9:15am KICKBOXING Patti M	8:30-9:25am YOGA Toni-Ann	9-9:30am BODYSHRED Janet	8:30-9:25am YOGA Ed		8:30-9:25am YOGA Nick	
9:30-10:15am SPIN Patti M	9:30-10:15am BUNS & GUNS Laura	9:30-10:15am CARVE & CHISEL Janet	9:30-10:15am SET THE TONE Patti M	9:30-10:15am SPIN Janet	9:30-10:15am SPIN Lenny	9:30-10:15am POUND Sheennah
10:30-11:15am ZUMBA Dana	10:15-10:45am TO THE CORE Laura	10:30-11:25am ZUMBA Esther	10:30-11:25am ZUMBA Val	10:30-11am EXPRESS CHISEL Janet	10:30-11:25am ZUMBA Val	
	4:30-5pm EXPRESS SCULPT Clascy			<p style="text-align: center;"><u>SYNERGY FITNESS of MERRICK</u> <u>CLUB HOURS</u> Monday-Friday 5am – 10pm Weekends 7am-7pm</p> <p><small>*Classes are subject to change without notice! Last minute changes/updates/cancellations will be sent through CLUB LIFE APP notifications. Please continue using the app to reserve your spot in class</small></p> <p><small>*Members must continue to provide their own mats and wipe down equipment before & after use</small></p> <p><small>*Unvaccinated members must wear a mask for the duration of their workout in compliance with NYS mandate.</small></p>		

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	5-5:55pm ZUMBA Clascy		5-5:55pm ZUMBA Dana			
6-6:45pm TOTAL BODY BOOTCAMP Marie		6-6:45pm TOTAL BODY BOOTCAMP Marie				
6:45-7:15pm TO THE CORE Marie		6:45-7:15pm TO THE CORE Marie	6:45-7:30pm SPIN Marie			

Edited 9/11/21

****CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE****