



**SYNERGY FITNESS LONG BEACH – GROUP FITNESS
SCHEDULE (516) 432-6300**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00AM-9:00AM BOOTY/ BARRE ROSA	8:30AM -9:30AM FITMIX AMY	8:00AM-9:00AM UPPER BODY EXPRESS ROSA	8:00AM-9:00AM YOGA ELIZABETH	8:30AM-9:30AM STEP/ABS ROSA	8:00AM-9:00AM BODY BURN BOOTCAMP ROSA
9:00-10:00AM TOTAL BODY LISA	9:00AM-10:00AM POWER SCULPT LISA	9:30AM-10:30AM SPIN CATHY	9:00AM-10:00AM POUND LISA	9:00AM-10:00AM BOOTY &BELLY BLAST LISA	9:30AM-10:30AM SPIN JULIO	9:30AM-10:30AM SPIN ILONA
10:00AM-11:00AM ZUMBA EMMA	10:00AM-11:00AM YOGA ELIZABETH	10:30AM-11:30AM ZUMBA BARBRA			10:30AM-11:30AM ZUMBA ANGELA	11:00AM-12:00PM ZUMBA EMMA
6:00PM -7:00PM BODY CONDITIONING AMY	5:30PM-6:30PM SHREAD TO TOE BOOTCAMP ROSA	5:30PM-6:30PM SPIN JULIO		<p><u>HOURS OF OPERATION</u> MONDAY – FRIDAY 5:00AM-10:00PM SATURDAY 7:00AM – 7:00PM SUNDAY 7:00AM – 7:00PM</p> <p>BRING A GUEST ON US!!! COMPLIMENTARY GUEST PASS INQUIRE @ FRONT DESK</p> <p>Classes are subject to change without notice. Please call ahead to confirm.</p>		
7:00PM-8:00PM ZUMBA ANGELA	6:30PM -7:30PM INSANITY AMY	6:30PM -7:30PM TOTAL BODY SCULPT LISA	7:30PM -8:30PM BOOTCAMP ROSA			