


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 Laura	8:30 – 9:15am SPIN Laura	8:30 – 9:15am BOOTCAMP Ray	8:30 – 9:15am ZUMBA Jose	8:30 – 9:15am BOOTCAMP Ray	8:15 – 9:00am CORE CAMP Sheila	
9:15 – 10:00am SCULPT Laura	9:30 – 10:15am POWER PILATES Donna	9:30 – 10:15am FULL BODY SCULPT Laura	9:30 – 10:15am POWER PILATES Donna	9:30 – 10:15am SPIN Laura	9:15 – 10:00am ZUMBA Carla	
10:15 – 11:15am YOGA Maria						
6:15 – 7:00pm CORE CAMP Sheila	6:00 – 7:00pm BERN BABY BERN Bernie	6:15 – 7:00pm SPIN CAMP Sheila		6:45 – 7:30pm ZUMBA Jose	QUESTIONS/COMMENTS? PLEASE CALL Front Desk @ 516.326.8100  Synergy Fitness Franklin Square	
7:15 – 8:00pm ZUMBA Jose	7:15 – 8:15pm YOGA Maria	7:30 – 8:15pm ZUMBA Jose	7:30 – 8:15pm ZUMBA Magaly			