

* SYNERGY FITNESS LYNBROOK GROUP FITNESS SCHEDULE *

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>*NEW*</u> →→→→	<u>*8:30 AM*</u> <u>JILL'S</u> <u>PURE STRENGTH</u>	<u>*9:30 AM*</u> <u>JAY'S</u> <u>ALL IN ONE</u>	<u>*9:00 AM*</u> <u>ADRIENNE'S</u> <u>KICKBOXING</u>			
					<u>AM CLASSES</u>	<u>AM CLASSES</u>
6:30 - 7:15 PM SPIN with ROSE	<u>*9:30 AM*</u> <u>JILL'S</u> <u>ZUMBA</u>	<u>*10:30 AM*</u> <u>JAY'S</u> <u>CARDIO CROSS</u>	<u>*10:00 AM*</u> <u>ADRIENNE'S</u> <u>MATT PILATES</u>	<u>**1st Friday</u> <u>every month**</u> <u>FITNESS</u> <u>FRIDAY</u> <u>6:30 - 8:00 PM</u> <u>\$20-</u> <u>90 minutes</u> <u>of Fitness</u> <u>with Darryl</u>	8:00-8:45 AM SPIN with ROSE	8:00 - 8:45 AM HIIT with DARRYL
<u>7:30 PM</u> <u>NEW CLASS</u>		<u>TRAINING</u>			9:00 - 9:45 AM	
<u>NEW INSTRUCTOR</u> <u>BODY BLAST</u>	6:30 - 7:15 PM TOTAL BODY with DARRYL	7:30-8:15 PM KICKBOXING w/LOURAINE	6:30 - 7:15 PM BOXING with JAY		CARDIO- KICKBOXING w/LOURAINE	
<u>with ROMEO</u>	7:30 - 8:15 PM SPIN with ROSE	8:30-9:15 PM ZUMBA w/LOURAINE	7:30 - 8:15 PM SPIN with ROSE			
<u>**GYM HOURS**</u> Monday - Friday 5AM - 11PM Saturday/Sunday 7AM - 8PM						
<u>FOLLOW US ON INSTAGRAM -- synergyfitness_lynbrook -- LIKE US ON FACEBOOK</u>						
<u>www.synergyfitclubsli.com</u>			<u>516-593-9100</u>		<u>* starting 6/4/2024</u>	