

* 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>
	8:30 AM <i>JILL'S PURE STRENGTH</i>	*9:30 AM* <i>JAY'S ALL IN ONE</i>	*9:00 AM* <i>ADRIENNE'S KICKBOXING</i>		8:00-8:45 AM <i>SPIN with ROSE</i>	8:00-8:45 AM <i>HIIT with DARRYL</i>
	9:30 AM <i>JILL'S ZUMBA</i>	*10:30 AM* <i>JAY'S CARDIO CROSS</i>	*10:00 AM* <i>ADRIENNE'S MATT PILATES</i>	**1st Friday every month** <u>FITNESS</u> <u>FRIDAY</u>	9:00 - 9:45 AM <i>CARDIO- KICKBOXING w/LOURAINE</i>	
6:30 - 7:15 PM <i>SPIN with ROSE</i>	6:30 -7:15 PM <i>TOTAL BODY with DARRYL</i>		6:30 -7:15 PM <i>BOXING with JAY</i>		6:30 - 8:00 PM <i>\$20- 90 minutes of Fitness with Darryl</i>	
7:30 PM <i>BODY BLAST with ROMEO</i>	7:30 - 8:15 PM <i>SPIN with ROSE</i>	7:30-8:15 PM <i>KICKBOXING w/LOURAINE</i>	7:30 - 8:15 PM <i>SPIN with ROSE</i>			

****GYM HOURS** Monday - Friday 5AM - 11PM Saturday/Sunday 7AM - 8PM**

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www.synergyfitclubsli.com

516-593-9100

*** starting 7/31/2024**