

* 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>
AM CLASSES	*9:00AM* JILL'S PURE STRENGTH	*9:00 AM* POWER FIT w/Stephanie	*9:00 AM* ADRIENNE'S KICKBOXING		*8:00 AM* SPIN with ROSE	*8:00 AM* HIIT with DARRYL
	9:45 AM JILL'S KICKBOXING		*10:00 AM* ADRIENNE'S MAT PILATES		*9:00 AM* CARDIO- KICKBOXING w/LOURAINE	
		<u>NEW CLASS</u> <u>NEW INSTRUCTOR</u> <u>6:30 -7:15 PM</u> <u>1/2 & 1/2</u> <u>with ERIC</u> <u>BEGINS 1/28/26</u>				
6:30 - 7:15 PM SPIN with ROSE	6:30 -7:15 PM TOTAL BODY with DARRYL		6:30 -7:15 PM POWER FIT w/Stephanie			
7:30 PM BODY BLAST with ROMEO	7:30 - 8:15 PM SPIN with ROSE	7:30 -8:15 PM *BOXING * w/ MICHAEL	7:30 - 8:15 PM SPIN with ROSE			
GYM HOURS Monday - Friday 5AM - 11PM Saturday/Sunday 7AM - 8PM						
FOLLOW US ON INSTAGRAM -- synergyfitness_lynbrook -- LIKE US ON FACEBOOK						
<u>www.synergyfitclubsli.com</u>			516-593-9100		1/28/2026	