

SYNERGY FITNESS LYNBROOK GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>NEW CLASS</u> <u>*9:30 AM*</u> <u>ONE WEIGHT</u> <u>CLASS</u> <u>with</u> <u>ERIC</u>	<u>*9:00AM*</u> <u>PURE</u> <u>STRENGTH</u> <u>with</u> <u>JILL</u>	<u>*9:00 AM*</u> <u>POWER FIT</u> <u>with</u> <u>Stephanie</u>	<u>NEW CLASS</u> <u>& INSTRUCTOR</u> <u>*9:00 AM*</u> <u>CARDIO &</u> <u>WEIGHTS</u> <u>with</u> <u>JEWEL</u>		<u>*8:00 AM*</u> <u>SPIN</u> <u>with ROSE</u>	<u>*8:00 AM*</u> <u>HIIT</u> <u>with DARRYL</u>
6:30 -7:15 PM SPIN with ROSE	6:30 -7:15 PM TOTAL BODY with DARRYL	6:30 -7:15 PM 1/2 & 1/2 with ERIC	6:30 -7:15 PM POWER FIT w/Stephanie		<u>*9:00 AM*</u> <u>CARDIO-</u> <u>KICKBOXING</u> <u>w/LOURAINE</u>	
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						
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<u>www.synergyfitclubsli.com</u>				516-593-9100		3/10/2026