

# Group Fitness Schedule - Synergy Fitness Of Lynbrook (516) 593-9100

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:30am Step Carla		6:00-7:00am Spin Maria		8:30-9:30am Step Carla		
9:30-10:30am Spin Josephine		9:00-10:00am Power Piloxing Donna	9:30-10:30am Spin Josephine	9:30-10:30am Spin Josephine	9:00-10:00am Kickboxing Carla	9:00-10am Yoga Linda
	10:30-11:30am Body Sculpt Eubie	10:00-11:00am Zumba Esther			9:00-10:00am Spin Rose	
6:00-7:00pm Spin Rose	6:00-7:00pm Spin Rose	6:00-6:45pm Spin Rose	6:00-7:00 Bootcamp Rose		10:00-11:00am Bootcamp Rose	
	6:00-7:00pm Insanity Louraine	7:00-8:00pm Total Body Burn Janet				
7:00-8:00pm Boot Camp Karina	7:00-8:00pm Zumba Lisa	7:00-7:45pm Spin Rose	7:00-8:00pm Zumba Lisa	<b>Kids Club Hours:</b> Monday-Thursday: 8:30-12:00pm and 5:30-9:00pm Friday: 8:30am-12:00pm Saturday & Sunday: 8:00-12:00pm  *Follow SYNERGY LYNBROOK on Facebook!*		
8:00-9:00pm Zumba Traci	8:00-9:00pm Spin Rose	8:00-9:00pm Zumba Suney	8:00-9:00pm Yoga Linda			

Questions or Comments? Email [Dan@synergyfitnesslynbrook.com](mailto:Dan@synergyfitnesslynbrook.com)

**SCHEDULE EFFECTIVE**

**3/01/15**