


**Effective 11/01/16**

**TRACY**  
 Group Fitness Director  
 Tracy@ SynergyFitClubsLL.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>MORNING</b>			
	5:30-6:30 Power Cycle w/ Brittany 	5:30-6:30 Contact Kick Box w/ Terri	5:30-6:30 Power Cycle w/ Lisa 	5:30-6:30 Power Sculpt w/ Terri	7:15-8:00 Power Cycle w/ Meg /Lisa 	8:15-9:15 Power Cycle w/ Jamie 
9:30-10:15 Power Cycle w/ Lisa 	9:30-10:15 Power Cycle w/Meg 	9:30-10:15 Fusion Cardio Training w/ Mary	9:30-10:30 Power Cycle w/ Mike 	9:30-10:15 Contact Kick Box w/Tricia	8:00-9:00 Boot Camp & Box w/ Meg	9:30-10:30 Vinyasa Yoga w/ Noel
	10:15-11:00 HIT (high Intensity Interval) w/ Tricia	10:20-11:00 Pilates w/ Bobbi	9:45-10:30 Power Sculpt w/ Mary	10:20-11:00 Gentle Yoga w/ Sandra <i>*Beginners welcome</i>	9:00-10:00 Power Sculpt w/ Meg	
 <b>SENIOR FIT</b> 10:30-11:30 w/ Mary		 <b>SENIOR FIT</b> 11:15-12:00 w/ Bobbi	 <b>SENIOR FIT</b> 10:45-11:45 w/ Mary	 <b>SENIOR FIT</b> 11:15-12:00 w/Bobbi	9:00-10:00 Power Cycle w/Lisa/meg 	
			<b>EVENING</b>			
6:15-7:00 Power Sculpt w/ Donna	6:45-7:30 Mat Pilates w/ Melanie	5:30-6:15 Power Sculpt w/Meg/Kim	6:15-7:15 Cardio Sculpt w/ Donna			
7:00-7:45  w/ Marques	7:30-8:30  w/ Sonia	6:00-7:00pm Power Cycle w/Lisa 	7:30-8:30  w/ Sonia			
7:45-8:45 Vinyasa Yoga w/ Lisa Z		6:15pm-7:15pm Boot camp w/Meg/Kim				
7:30-8:15 Power Cycle w/ Lisa 		7:45-8:45 Vinyasa Yoga w/ Lisa Z				



**SYNERGY FITNESS OF MASSAPEQUA**  
 5300 SUNRISE HWY, MASSAPEQUA PARK, NY 11762  
 (516) 541-4400

**GYM HOURS**

MON-THURS: 5AM-12AM  
 FRIDAY: 5AM-11PM  
 SATURDAY & SUNDAY: 7AM-8PM

**DAY CARE HOURS**

MORNINGS:  
 MON-SUN: 9AM-1:00PM  
EVENINGS:  
 MON-THURS: 5PM-8:30PM

**\*EVERY SUNDAY, BRING A FRIEND FOR FREE!\***

# CLASS DESCRIPTIONS

**BOOT CAMP & BOX** : a unique class integrating weight training, cardio, plyometric exercises, martial arts and power yoga into a fun filled and challenging hour.

**FUSION CARDIO TRAINING: NEVER THE SAME CLASS!** Time will fly in this dynamic class combining kickboxing with an ever changing mix of rebounding (mini trampoline), bands, step, weight training, tabata and more! This new energetic class focuses, on burning fat through low impact, high intensity exercises.

**POWER CYCLE**: Cycle class set to music with varied intensity of resistance and speed. All levels welcome. Water bottle is recommended

**INSANITY**: total body workout that requires equipment, using your own body weight for resistance. The program is based on a fitness method called "max interval training." In traditional interval training you will work at a very intense pace for a short period of time, and then rest for longer periods in between. The idea is to increase your aerobic fitness level while burning fat.

**POWER SCULPT**: Get an intense workout in this full body sculpting class focusing on individual muscle groups using optional hand weights, bands and body bars. Gets your heart pumping!

**Senior Fit** : this class is designed to help older adults maintain their cardiovascular health, strength, and flexibility. Whether you're a veteran gym member or a newcomer, we welcome you to come and enjoy the benefits of working out in a group setting.

**STRICTLY STRENGTH**: this class is your cure to your regular fitness routine. Using functional training and principles of athletic conditioning, this workout will test your limits to achieve unparalleled results. This is a no nonsense approach to fitness!

## **VINYASA YOGA:**

### **Beginners – intermediate welcome!**

This class will uplift and inspire you. Using breath to flow through a sequence of yoga poses. This class is intended to challenge your mind and body and promote strength, endurance, flexibility and balance.

**ZUMBA**: this class combines high energy and motivating music with unique moves and combinations. It is based on the principle that a workout should be FUN AND EASY TO DO. Burn calories and learn some great moves!

**GENTLE YOGA: BEGINNERS WELCOME** This class provides "yin" approach to practicing. It is the perfect balance to your active your busy life. Focusing on long-held floor poses combined with breath work and meditation, gentle yoga goes beneath the superficial muscles to target the dense connective tissues of the body – often in the hips, pelvis, and low back – which are difficult to open and can result in both limited flexibility and stagnant energy. This class helps students not only to open the body, but also to cultivate the ability to quiet the mind. You will leave class feeling empowered and refreshed.

**\*ALL  
CLASSES  
ARE SUBJECT  
TO CHANGE\***

