



# GROUP-X Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30 am <b>Spin</b> w/Edna	5:30-6:30 am <b>Contact Kick Box</b> w/Terri	5:30-6:30 am <b>Spin</b> w/Lisa	5:30-6:30 am <b>Pure Strength</b> w/Terri	7:15-8:00 am <b>Spin</b> w/Edna	8:15-9:15 am <b>Spin</b> w/Jamie
9:30-10:30 am <b>Spin</b> w/Jaclyn	9:30-10:15 am <b>Spin</b> w/ Jaclyn	<b>NEW CLASS</b> 9:30-10:15 am <b>Circuit Breaker</b> w/ Donna	9:30-10:30 am <b>Spin</b> w/Lisa	9:30-10:30 am *gloves required <b>Evolve Mind &amp; Body</b> w/Tracy	8:00-9:00 am <b>Contact Kick Box</b> w/ Edna	9:00-9:50 am <b>Hatha Yoga</b> w/Sandra
<b>NEW TIME</b> 11:00-12:00pm <b>Senior Fit</b> w/Donna	10:15-11:00 am <b>HIIT</b> w/Jaclyn	10:20-11:00 am <b>Mat Pilates</b> w/Bobbi	<b>NEW CLASS</b> 9:45-10:30 <b>Circuit Breaker</b> w/Tasha	10:40-11:20 am <b>Gentle Yoga</b> w/Sandra	9:00-10:00 am <b>Circuit Breaker</b> w/Tasha	<b>NEW CLASS</b> 10:00-10:50 am <b>Circuit Breaker</b> w/Tasha
		11:15-12:00 pm <b>Senior Fit</b> w/Bobbi	10:45-11:45 am <b>Chair Yoga</b> w/Sandra	11:30-12:15 pm <b>Senior Fit</b> w/Bobbi	9:00-10:00 am <b>Spin</b> w/Lisa	11:00-11:50 am <b>Zumba</b> w/Stephanie
6:00-6:50pm <b>Pure Strength</b> w/Donna	<b>NEW CLASS</b> 6:00-6:50 pm <b>Circuit Breaker</b> w/Tasha	5:45-6:30pm <b>Shred</b> w/Kim	6:15-7:15pm <b>Cardio Sculpt</b> w/Donna	<div style="display: flex; justify-content: space-around;"> <div style="background-color: red; color: white; padding: 10px; border: 1px solid black;"> <p><b>GYM HOURS</b></p> <p>MONDAY- FRIDAY 5AM - 11PM</p> <p>SATURDAY-SUNDAY 7AM - 8PM</p> </div> <div style="background-color: blue; color: white; padding: 10px; border: 1px solid black;"> <p><b>CHILDCARE HOURS</b></p> <p>MORNINGS: MONDAY- SUNDAY 9AM - 1PM</p> <p>EVENINGS: MONDAY- THURSDAY 5PM-8:30PM</p> </div> </div>		
7:00-7:45pm <b>Insanity</b> w/Marques	7:00-8:00pm <b>Spin</b> w/Rob	<b>NEW CLASS</b> 6:30-7:1 *gloves required <b>Contact Kickbox</b> w/ Kim				
<b>NEW CLASS</b> 7:45-8:30pm <b>Zumba</b> w/ Stephanie	<b>NEW TIME</b> 7:00-7:50 <b>Mat Pilates</b> w/ Melanie	6:00-7:00pm <b>Spin</b> w/Lisa	7:30-8:30pm <b>Zumba</b> w/Gabby			
7:30-8:20pm <b>Spin</b> w/Lisa						
				<b>*NEW CLASSES/TIMES</b>		

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



5300 Sunrise Highway  
Massapequa Park, NY 11762  
516-541-4400