



# April & May 2019 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am <b>SPYN-RGY</b> Jamie	5:30 - 6:30am <b>BOOTCAMP</b> Erin	5:30-6:30am <b>SPYN-RGY</b> Trish	5:30 - 6:30am <b>JumpStart</b> Lance	5:30-6:30am <b>SPYN-RGY</b> Kaz	8:00-9:00am <b>CycleFlow</b> Tom	8:15-9:15am Bootybarre Hermine
5:30-6:30am <b>BOOTCAMP</b> Emily		5:30-6:30am <b>BOOTCAMP</b> Emily		5:30-6:30am <b>BOOTCAMP</b> Emily		
6:35 - 7:00am <b>PLANK</b> Jamie		6:35 - 7:00am <b>PLANK</b>	6:00-6:50am <b>Yoga</b> James	6:35 - 7:00am <b>TOTAL BODY</b> Trish	8:00 -9:0am <b>Pilates</b> Hermine	
8:30 - 9:15am <b>SPYN-XPRESS</b> Deb						9:35-10:35am <b>Yoga</b> Monica
9:20-10:00am <b>TOTAL BODY</b> Deb	8:30 -9:30am <b>Mat Pilates</b> Hermine			8:30 -9:30am <b>Barre &amp; Stability Ball</b> Hermine	9:15-10:15am <b>HIIT IT!</b> Lauren	April 14 <sup>th</sup> & May 19 <sup>th</sup> 10:30-11:15am Intro to Spin Trish
10:15 - 11:15am <b>Fit for Life</b> Phyllis		10:15 - 11:15am <b>Fit for Life</b> Erin		10:15 - 11:15am <b>Fit for Life</b> Phyllis	10:30-11:30am <b>Zumba!</b> Kathy	1 to 2pm <b>Restorative Yoga</b> Lara
12:10-1pm <b>Zone-In</b> Lance		12:10-1pm <b>Zone-In</b> Lance		12:10 - 1pm <b>Restorative Yoga</b> Lara	<p>Please welcome our new personal trainers, Jana Avram, Khalil Batah and Emily Cook!</p> <p>Synergy Smoothie Special ask our Member Services staff for details on our new <b>SMOOTHIE PASS!</b> Great tastes and good savings.</p> <p>Synergy Easter Sunday Club hours: April 21<sup>st</sup> - 7am to 2pm</p>	
4:30 -5:30pm Tabata Pam	4:30 -5:30pm <b>BarSculpt</b> Hermine	4:30 -5:30pm <b>All Levels Yoga</b> Lara	4:30 -5:30pm <b>BarSculpt</b> Hermine	4:30 -5:10pm Mind-Body-Spin Pam		
5:45-6:45pm <b>Rhythm Cycle</b> Chip						
5:45-6:45pm <b>Power Yoga</b> Lara	5:45-6:45pm <b>Pound</b> Megan	5:45-6:45pm <b>Strength Conditioning</b> Lance	5:45-6:45pm <b>Zumba</b> Kathy	5:15-6:15pm <b>Healthy Hour</b> Erin		

<b>Strength &amp; Conditioning Classes</b>	
<b>BOOTCAMP</b>	<i>This strength and conditioning class includes drills, circuit training, calisthenics, and outdoor activity.</i>
<b>PLANK</b>	<i>Express classes devoted to your core strength! These creative and fun environments will have you feelin' it right away!</i>
<b>HIIT IT!</b>	<i>High Intensity Interval Training...short intense periods of exercise punctuated by active recovery periods. The ultimate Fat burner!</i>
<b>Fit for Life</b>	<i>This fun filled class is fit for all types and levels! Playing with functional exercises, you'll build muscle and burn fat using light weights, steps, balls, bands and your own body weight.</i>
<b>TOTAL BODY</b>	<i>Discover and enhance your potential strength and capabilities as you play with toys that sculpt your entire body!</i>
<b>JumpStart</b>	<i>Start your engines! Now, this is the way to get your day off on the best foot. Connect to your power source in this innovative rousing fitness environment. With a start like this you'll be torching those calories all day long!</i>
<b>Strength Conditioning</b>	<i>You'll get in your best shape and ready to enjoy your indoor sports and outdoor fun! Workouts tailored to improve strength, endurance and balance.</i>
<b>Zone-in</b>	<i>Find your optimum calorie burn, muscle churn, <b>Zone</b> right here. All in 45 minutes that'll make your day!</i>
<b>Yoga &amp; Barre Offerings</b>	
<b>BarSculpt</b>	<i>A Pilates flavored high intensity class utilizing a ballet barre that combines moves to enhance your strength and flexibility.</i>
<b>Bootybarre</b>	<i>Bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.</i>
<b>Pilates &amp; Mat Pilates</b>	<i>Mat Pilates helps to strengthen the core, lengthen the spine, increase body awareness, build muscle tone and gain flexibility. Props are sometimes used to enhance the exercises. This class is for all fitness levels with modifications always available.</i>
<b>Yoga</b>	<i>Yoga works to balance the energies of the mind with those of the body through physical exercises and controlled breathing calming the mind. Learn from a dynamic veteran teacher the practices of yoga, Pranayama &amp; meditation in a friendly environment.</i>
<b>All Levels Yoga</b>	<i>This is your class. For folks first experiencing yoga to those with an experienced practice, all levels yoga has something for you.</i>
<b>Power Yoga</b>	<i>Power Yoga is a smooth and consistent flow of strength building movements designed to increase flexibility, strength and peace of mind.</i>
<b>Restorative Yoga</b>	<i>Step away from the frenetic activity of daily life and go inward. Among many things, <b>restorative yoga</b> can give you a sense of peace and calm in a busy world.</i>
<b>Spinning Classes</b>	
<b><i>New riders please arrive 5-10 minutes early to get comfy. All levels welcome, it's your ride!</i></b>	
<b>Intro to Spinning</b>	<i>Awesome calorie burner, spinning is a specific format of indoor cycling accompanied by your favorite tunes. Seasonal: November thru April.</i>
<b>SPYN-RGY</b>	<i>A cardio workout on a stationary bike that gets your heart pumping to energizing music. Immediate benefits include increased leg strength, knee stabilization and weight loss, all in a party atmosphere. Oh yeah, you'll burn anywhere from 300 to 500 calories, too! Yes, per class.</i>
<b>Cycle Flow</b>	<i>A music driven interval cycling class with an emphasis on a fun beat-induced cadence layered with seamless transitions from low to high intensity output.</i>
<b>Rhythm Cycle</b>	<i>Focus on your breath, beat and cadence in this endurance spinning environment. Let the music move you!!</i>
<b>Mind-Body-Spin</b>	<i>Kick off your weekend feeling strong and centered! Work your body and your mind in this challenging and inspirational journey. Yes, you can.</i>
<b>Specialty</b>	
<b>POUND</b>	<i>An exciting and fun drum beat inspired cardio fest. Anyone can do it!</i>
<b>Tabata</b>	<i>Intervals of high intensity drills followed by short recoveries. Enjoy more range of motion via this technique known as Myofascial release that increases flexibility, reduces muscular pain and improves circulation. Followed by 20 minutes of myofascial release or rolling.</i>
<b>Healthy Hour</b>	<i>Strongest start to your weekend, you warrior, you. A full body circuit with plates, resistance bands, ladders, ropes, wall ball, and more.</i>
<b>Zumba™</b>	<i>Latin dance and aerobic moves create a fast paced, effective, fun workout. COME JOIN THE PARTY!</i>