




March

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am SPYN-RGY Trish	5:30 - 6:30am BOOTCAMP Hussein	5:30-6:30am SPYN-RGY Jamie	5:30 - 6:30am BOOTCAMP Hussein	5:30-6:30am SPYN-RGY Julie	8:00-9:00am CycleFlow Tom	8:15-9:15am Bootybarre Hermine
5:30 - 6:30am BOOTCAMP Amber	6:00-6:50am Yoga James	5:30 - 6:30am BOOTCAMP Amber	6:00-6:50am Yoga James	6:30-7:00am PLank Julie	8:00-9:00am BOOTCAMP Amber	
6:30-7:00am Plank Trish	8:30 -9:30am Power Ball Pam		8:30 -9:30am Tabata Zone Pam 		9:15-10:15am HIIT IT! Jim	9:30-10:30am Yoga Monica
10:15 - 11:15am Fit for Life Phyllis		10:15 - 11:15am Fit for Life Phyllis		10:00 - 11:00am Fit for Life Annie	10:30-11:30am Zumba Kathy	10:45-11:45am Zumba Kerri
12:10-1pm Zone-in Lance 	5:00 -5:30pm Mat Pilates Hermine	12:10-1pm Zone-in Lance 	12:10-1pm SPYN-XPRESS Annie New! Starts 3/12	12:10-1pm Zone-in Lance 	<p>Get ready for summer!</p> <p>3 month</p> <p>Summer Membership +</p> <p>Personal Training Special</p> <p>12 - week full membership with</p> <p>24 personal training sessions</p> <p>for \$1350</p>	
4:30 -5:30pm TABATA Pam	5:30 -6:30pm BarSculpt Hermine	4:30-5:30pm Boxing Sarah New!	5:15 -5:45pm POUND-XPRESS Megan	4:30 -5:10pm SPYN-n-SIP Pam		
5:45-6:30pm X-FIT Amber	5:45-6:45pm SPYN-RGY Sarah	5:45 -6:45pm X-FIT Lance	5:45 -6:30pm SPYN-RGY Megan			
	6:45-7:45pm Zumba Kerri		5:45-6:45pm Zumba Kathy			

Strength & Conditioning Classes

BOOTCAMP	<i>This strength and conditioning class includes drills, circuit training, calisthenics, and outdoor activity.</i>
PLANK	<i>Express classes devoted to your core strength! These creative and fun environments will have you feelin' it right away!</i>
HIIT IT!	<i>High Intensity Interval Training...short intense periods of exercise punctuated by active recovery periods. The ultimate Fat burner!</i>
Fit for Life	<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>
X-FIT	<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>
Zone-in	<i>Find your optimum calorie burn, muscle churn, Zone right here. All in 45 minutes that'll make your day! Optional utilization of , which uses technology to make people feel good about exercise. More information at Synergy's reception desk.</i>

Yoga & Barre Offerings

BarSculpt	<i>A Pilates flavored high intensity class utilizing a ballet barre that combines moves to enhance your strength and flexibility.</i>
Bootybarre	<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>
Pilates	<i>Mat Pilates strengthens the core, lengthens the spine, increases body awareness, builds muscle tone and increases flexibility. Props are sometimes used to enhance the exercises. These classes are good for all fitness levels with modifications always available.</i>
Power Ball	<i>All of the above! Plus fun on a physioball. Seasonal from November through April.</i>
Yoga	<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 & meditation in a friendly environment.</i>

Spinning Classes **New riders please arrive 5-10 minutes early to get comfy. All levels welcome, it's your ride!**

Intro to Spinning	<i>Awesome calorie burner, spinning is a specific format of indoor cycling accompanied by your favorite tunes. Seasonal: November thru February!</i>
SPYN-RGY	<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>
SPYN-n-SIP	<i>All of the above for 40 minutes followed by some optional social time at the smoothie bar afterwards! Getting to know your spinning buds!! BYOB</i>
Cycle Flow	<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>

Specialty classes

Boxing	<i>It's all here...get your gloves on! Drills with boxing dynamics; agility, speed, endurance and strength.</i>
POUND	<i>An exciting and fun drum beat inspired cardio fest. Anyone can do it!</i>
Ta b a ta	<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. Seasonal class from fall to spring.</i>
Zumba™	<i>Latin dance and aerobic moves create a fast paced, effective, fun workout. COME JOIN THE PARTY!</i>