



SYNERGY

HEALTH & FITNESS

Group Fitness Class Schedule

| Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---------------------------|---------------------------|---------------------------|---------------------------|------------------------|--------------------------|
| 5:00 AM | | HammerTime | | HammerTime | | |
| 5:30 AM | HammerTime Advanced | | HammerTime Advanced | | HammerTime Advanced | |
| 5:40 AM | | SPIN | | SPIN | | |
| 8:15 AM | Kickboxing | HammerTime | Basic Weight Training | HammerTime Pump | Spin | |
| 8:30 AM | | | | | | HammerTime (Saturday) |
| 8:45 AM | | | | | | |
| 9:30 AM | Silver Sneaker Classic | Silver Sneaker Circuit | Silver Sneaker Classic | Silver Sneaker Circuit | | |
| 5:15 PM | Hip Hop Fitness | HammerTime Pump | Pilates | Spin | | |
| 6:30 P.M. | | Strength Training | | Strength Training | | |



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| 8:45 AM | | | | | | |
| 9:30 AM | Silver Sneaker Classic | Silver Sneaker Circuit | Silver Sneaker Classic | Silver Sneaker Circuit | | |
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| 6:00 P.M. | | | | | | |



HAMMERTIME

This class is designed for beginners who want a good workout with minimal soreness. Comfortably paced and basic movements are used to accommodate all ages and body types.

HAMMERTIME ADVANCED

This class is for those who want to be pushed to the limit. Cardio, weight-training, abs, kickboxing, plyometric moves and more high-intensity movements are included in this heart-pumping, muscle-blasting energy-filled atmosphere. Great for releasing energy and pressure and for those who want to max out their workouts!

HAMMERTIME PUMP

45 minutes of light weight training combined with stretching, low impact cardiovascular work and core strengthening.

CAMP HAMMERTIME FOR KIDS & ATHLETES

Classes vary from ages 5-18 years old. These classes incorporate endurance, speed, and agility to help athletes perform better in their sports. This class also combines fun moves for strength, flexibility, and balance and coordination all while learning discipline and self control. Come join us for fitness and fun!

PILATES

Our Pilates class is designed for all levels of fitness to improve strength, balance, coordination, flexibility, and stabilization. Pilates concentrates on building both flexibility and strength in the bodies core muscles- the abdomen, back, and hips. By making Pilates a part of your fitness routine, the benefits you receive include reducing muscle tension, improvement in posture and body alignment, and reducing body aches and joint pain.

SENIOR TIME

This 30 minute class is designed specifically for participants 50 and older. It involves stretching, cardiovascular activity, muscle strengthening, and toning. You are sure to enjoy this 30 minutes of fun and fitness along with music and fellowship with the community. Ask about our SeniorTime Membership.

SPIN

A 45-minute indoor group cycling class designed to make your fitness goals a reality. With no complicated moves to learn, top-notch instructors, and music that begs your legs to pedal, getting into the best shape of your life has never been so fun!