

# February 2019 Morning Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>5:25-5:55</b> <b>CXWORX™</b> Onna <b>5:30-6:30</b> <b>Cycling</b> Maya <b>6:00-7:00</b> <b>BODYPUMP™</b> Onna  <b>7:00-8:00</b> <b>Basic Cycling</b> Tami  <b>7:55-8:55</b> <b>BODYPUMP™</b> Staff  <b>8:30-9:00</b> <b>Kettle Bell Core</b> Onna <b>9:00-10:00</b> <b>Cycling</b> Lori  <b>9:00-10:00</b> <b>Zumba®</b> Margarita  <b>10:00-10:30</b> <b>Basic Pilates</b> Kristi <b>10:00-11:00</b> <b>Senior Strength &amp; Agility Circuit</b> Laisha/Shelley <b>10:05-10:35</b> <b>CXWORX™</b> Onna   <b>11:00-12:00</b> <b>Senior Chair Yoga</b> Tami <b>11:15-12:15</b> <b>Mind/Body Stretch</b> Onna	<b>5:30-6:30</b> <b>BODYCOMBAT®</b> Laura  <b>6:15-7:15</b> <b>Tabata Plus</b> Maya  <b>8:00-9:00</b> <b>Tabata Plus</b> Janine <b>8:00-9:00</b> <b>Pilates Plus</b> Kristi  <b>9:00-10:00</b> <b>Turbo Kick®</b> Judy  <b>9:00-10:00</b> <b>Vinyasa Yoga</b> Audra   <b>10:00-11:00</b> <b>Body Sculpt</b> Kristi <b>*10:00-11:00</b> <b>Tai Chi 1</b> Tim  <b>11:00-12:00</b> <b>Tai Chi 2</b> Tim <b>*11:05-12:05</b> <b>Basic Yoga</b> Tami  <b>*12:00-1:00</b> <b>Feldenkrais® Method</b> Meredith	<b>5:25-5:55</b> <b>CXWORX™</b> Onna <b>5:30-6:30</b> <b>Cycling</b> Maya <b>6:00-7:00</b> <b>BODYPUMP™</b> Onna  <b>7:00-8:00</b> <b>Basic Cycling</b> Tami  <b>7:55-8:55</b> <b>BODYPUMP™</b> Janine  <b>8:30-9:00</b> <b>Kettle Bell Core</b> Diana <b>9:00-10:00</b> <b>Cycling</b> Kristi <b>9:00-10:00</b> <b>Zumba®</b> Diana  <b>10:00-10:30</b> <b>Basic Pilates</b> Kristi  <b>10:00-11:00</b> <b>Body Sculpt</b> Kristi <b>*10:00-11:00</b> <b>Tai Chi 1</b> Tim <b>*10:00-11:00</b> <b>Senior Chair Yoga</b> Tami  <b>11:00-12:00</b> <b>Beyond Basic Yoga</b> Tami <b>11:15-12:15</b> <b>Mind/Body Stretch</b> Onna	<b>5:30-6:30</b> <b>BODYCOMBAT®</b> Laura  <b>6:15-7:15</b> <b>Barre Fusion</b> Maya  <b>8:00-9:00</b> <b>Tabata Plus</b> Maya <b>8:00-9:00</b> <b>Pilates Plus</b> Kristi  <b>9:00-10:00</b> <b>Turbo Kick®</b> Judy  <b>9:00-10:00</b> <b>Vinyasa Yoga</b> Angela   <b>10:00-11:00</b> <b>Body Sculpt</b> Kristi <b>*10:00-11:00</b> <b>Tai Chi 1</b> Tim <b>*10:00-11:00</b> <b>Senior Chair Yoga</b> Tami  <b>11:00-12:00</b> <b>Tai Chi 2</b> Tim  <b>11:15-12:30</b> <b>Gentle Yoga/ Meditation</b> Andrew	<b>5:30-6:30</b> <b>Cycling</b> Onna  <b>7:55-8:55</b> <b>BODYPUMP™</b> Janine  <b>9:00-10:00</b> <b>Cycling</b> Judy  <b>9:00-10:00</b> <b>Zumba</b> Margarita  <b>10:15-11:30</b> <b>Yoga Fitness Fusion</b> Tami  <b>11:30-12:30</b> <b>Yoga Stretch</b> Tami <b>11:55-12:55</b> <b>BODYPUMP™</b> Janine/Lori	<div style="background-color: #4CAF50; color: white; padding: 5px;"> <b>Hours</b>                      M-F 5am-10pm; Sat &amp; Sun 7am-8pm  <b>Babysitting</b>                      M-F 8am-7pm; Sat &amp; Sun 8am-12pm  <b>FitKids</b>                      M-F 3pm-7pm; Sat &amp; Sun 8am-12pm                 </div> <p>3421 Villa Lane Napa, CA 94558                      Phone: 707-251-1395 • Fax: 707-251-1373                      www.synergyhealthclub.org                      Janine Moulton 707-251-3523</p>	<b>7:45-9:00</b> <b>Cycling</b> Bob <b>7:55-8:55</b> <b>BODYPUMP™</b> Patricia  <b>9:00-10:00</b> <b>Turbo Kick®</b> Erin <b>9:00-10:00</b> <b>Cardio Sculpt</b> Tami  <b>10:15-11:15</b> <b>Cycling</b> Patricia <b>*10:15-11:15</b> <b>Yoga Stretch</b> Tami  <b>11:30-12:30</b> <b>Perinatal Yoga</b> Patricia <b>11:30-12:30</b> <b>Functional Core &amp; Balance</b> Diana	<b>8:00-9:00</b> <b>Cycling</b> Maya  <b>9:15-10:15</b> <b>Tabata, Abs &amp; Stretch</b> Maya <b>10:00-11:00</b> <b>Tai Chi 1&amp;2</b> Tim  <b>10:15-11:15</b> <b>BODYCOMBAT®</b> Maya



# February 2019 Afternoon Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12:15-1:30</b> <b>GentleYoga / Meditation</b> Angela <b>12:30-1:00</b> <b>Basic Cycling</b> Tami	<b>12:15-1:00</b> <b>Cycling</b> Judy <b>12:15-1:15</b> <b>Body Sculpt</b> Tami  <b>1:30-2:15</b> <b>Cardio Dance</b> Tami <b>1:30-2:30</b> Senior 20-20-20 Laisha/Shelley  <b>2:30-3:00</b> Senior Postural Alignment Shelley	<b>12:30-1:00</b> <b>Basic Cycling</b> Tami  <b>*12:30-1:30</b> <b>Qigong</b> Tim <b>*1:00-2:00</b> Senior Chair Yoga Tami  <b>2:00-3:00</b> Senior Strength & Sculpt Laisha/Shelley	<b>12:15-1:00</b> <b>Cycling</b> Judy <b>12:15-1:15</b> <b>Body Sculpt</b> Tami  <b>1:30-2:30</b> Senior 20-20-20 Laisha/Shelley <b>2:00-3:00</b> <b>Perinatal Yoga</b> Patricia  <b>2:30-3:00</b> Senior Postural Alignment Laisha	<b>*12:30-1:30</b> <b>Qigong</b> Tim <b>1:00-2:00</b> Senior Chair Yoga Tami  <b>2:00-3:00</b> Senior Strength & Sculpt Laisha/Shelley	<b>3:00-4:00</b> <b>La Blast® Fitness</b> Melinda	
<b>4:30-5:30</b> <b>Pilates</b> Maya  <b>5:30-6:00</b> <b>GRIT™</b> Maya <b>5:30-6:30</b> <b>Zumba®</b> Margarita <b>*5:30-6:45</b> <b>Gentle Yoga / Meditation</b> Ann  <b>6:15-7:15</b> <b>Cycling</b> Judy  <b>6:45-7:45</b> <b>BODYPUMP™</b> Patricia	 <b>4:30-5:00</b> <b>Cycle Express</b> Judy  <b>4:30-5:30</b> <b>BODYCOMBAT®</b> Maya  <b>5:15-6:15</b> <b>Power Pump</b> Judy   <b>6:00-7:00</b> <b>U-Jam Fitness®</b> Melinda  <b>7:00-8:15</b> <b>Yoga Fitness Fusion</b> Tami  <b>7:15-8:15</b> <b>BODYCOMBAT®</b> Nestor	<b>4:30-5:30</b> <b>Barre Fusion</b> Maya  <b>5:30-6:00</b> <b>GRIT™</b> Maya  <b>5:30-6:30</b> <b>Zumba®</b> Margarita <b>*5:30-6:45</b> <b>Gentle Yoga / Meditation</b> Ann  <b>6:10-7:10</b> <b>Power Yoga</b> Tim  <b>6:45-7:45</b> <b>BODYPUMP™</b> Patricia	 <b>4:30-5:00</b> <b>Cycle Express</b> Judy  <b>4:30-5:30</b> <b>BODYCOMBAT®</b> Maya  <b>5:15-6:15</b> <b>Power Pump</b> Judy   <b>6:00-7:00</b> <b>La Blast Fitness®</b> Melinda <b>6:15-7:15</b> <b>Cycling</b> Nestor  <b>7:00-8:15</b> <b>Power Yoga</b> Tim  <b>7:15-8:15</b> <b>BODYCOMBAT®</b> Nestor	<b>4:30-5:30</b> <b>Functional Core &amp; Balance</b> Diana		<p><b>February is Valentine's Day</b> and a perfect opportunity to announce <b>CARDIAC REHAB PHASE III</b> now being offered at Synergy with Erin Umutyán and Matt Goetz!</p>  <p>Please contact Fitness Manager, Armando Gutierrez, for details at 707.257.4143</p>
						<p><b>Synergy Fitness BINGO</b> coming in the spring! 4 different formats so ALL can play! Try new classes, new workouts, and have fun to be eligible for our prize drawings!!</p>