


June 2019 Morning Class Schedule

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



June 2019 Afternoon Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*12:15-1:30 Gentle Yoga / Meditation Andrew</p> <p>12:30-1:00 Basic Cycling Tami</p>	<p>12:15-1:00 Cycling Judy</p> <p>12:15-1:15 Body Sculpt Tami</p>	<p>12:30-1:00 Basic Cycling Tami</p>	<p>12:15-1:00 Cycling Judy</p> <p>12:15-1:15 Body Sculpt Tami</p>		<p>3:00-4:00 La Blast® Fitness Melinda</p>	 <p>Morning classes</p>
	<p>1:30-2:15 Cardio Dance Tami</p> <p>1:30-2:30 Senior 20-20-20 Laisha/Shelley</p>	<p>*12:30-1:30 Qigong Tim</p> <p>*1:00-2:00 Senior Chair Yoga Tami</p>	<p>1:30-2:30 Senior 20-20-20 Laisha/Shelley</p> <p>2:00-3:00 Perinatal Yoga Patricia</p>	<p>*12:30-1:30 Qigong Tim</p> <p>1:00-2:00 Senior Chair Yoga Tami</p>		
	<p>2:30-3:00 Senior Postural Alignment Shelley</p>	<p>2:00-3:00 Senior Strength & Sculpt Laisha/Shelley</p>	<p>2:30-3:00 Senior Postural Alignment Laisha</p>	<p>2:00-3:00 Senior Strength & Sculpt Laisha/Shelley</p>		
<p>4:30-5:30 Pilates Maya</p>	<p>4:30-5:00 Cycle Express Judy</p>	<p>4:30-5:30 Barre Fusion Maya</p>	<p>4:30-5:00 Cycle Express Judy</p>	<p>4:30-5:30 Functional Core & Balance Diana</p>		
	<p>4:30-5:30 BODYCOMBAT® Maya</p>		<p>4:30-5:30 BODYCOMBAT® Maya</p>			
<p>5:30-6:00 GRIT™ Maya</p>	<p>5:15-6:15 Power Pump Judy</p>	<p>5:30-6:00 GRIT™ Maya</p>	<p>5:15-6:15 Power Pump Judy</p>			
<p>5:30-6:30 Zumba® Margarita</p>		<p>5:30-6:30 Zumba® Margarita</p>				
<p>*5:30-6:45 Gentle Yoga / Meditation Ann</p>	<p>6:00-7:00 U-Jam Fitness® Melinda</p>	<p>*5:30-6:45 Gentle Yoga / Meditation Ann</p>	<p>6:00-7:00 La Blast Fitness® Melinda</p>			
<p>6:15-7:15 Cycling Judy</p>		<p>6:15-7:15 Power Yoga Tim</p>	<p>6:15-7:15 Power Yoga Tim</p>			
<p>New Time 6:30-7:30 BODYPUMP™ Maya</p>	<p>7:00-8:15 Yoga Fitness Fusion Tami</p>	<p>New Time 6:30-7:30 BODYPUMP™ Maya</p>				
	<p>7:15-8:15 BODYCOMBAT® Laura</p>		<p>7:15-8:15 BODYCOMBAT® Laura</p>			