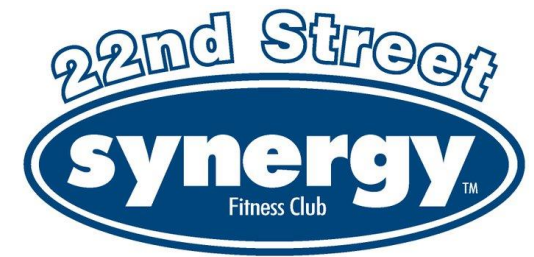


321 East 22nd Street  
 Between 1st & 2nd Avenue  
 New York, NY 10010  
 212-679-7300  
 www.22ndstreetsynergyfitness.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW INSTRUCTOR FOR BODY BURN ON SATURDAY FOR AUGUST!			1 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	2 HARDBODY 7:30 PM – 8:30 PM with Bao	3	4 BODYBURN 9:30 AM – 10:30 AM With Ingrid  VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
	5	6 MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	7 PILATES 6:30 PM – 7:30 PM with Jessy  BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	8 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	9 HARDBODY 7:30 PM – 8:30 PM with Bao	10
12	13 MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	14 PILATES 6:30 PM – 7:30 PM with Jessy  BOOTCAMP/ABS 7:30 PM – 8:30 PM With Emily	15 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	16 HARDBODY 7:30 PM – 8:30 PM with Bao	17	18 BODYBURN 9:30 AM – 10:30 AM With Ingrid  VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
19	20 MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	21 PILATES 6:30 PM – 7:30 PM With Jessy  BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	22 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	23 HARDBODY 7:30 PM – 8:30 PM with Bao	24	25 BODYBURN 9:30 AM – 10:30 AM With Ingrid  VINYASA YOGA 10:30 AM – 11:30 AM with Shanna
26	27 MAYHEM/ABS 7:30 PM – 8:30 PM with Carlito	28 PILATES 6:30 PM – 7:30 PM With Jessy  BOOTCAMP/ABS 7:30 PM – 8:30 PM with Emily	29 CANDLELIGHT VINYASA YOGA 7:00 PM – 8:00 PM with Shanna	30 Group Fitness Classes Cancelled for Labor Day Weekend!	31	



24 HOURS STARTING MONDAY 5:00 AM – FRIDAY 11:00 PM  
 SATURDAY & SUNDAY 8:00 AM – 8:00 PM

EFFECTIVE AUGUST 1<sup>ST</sup> 2018