

# Synergy February 2012 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:15 a.m.	5:15-6:30 ABS & Spinning® Mike		5:15-6:30 ABS & Spinning® Mike	5:30-6:30 Basic Circuit Susan S.	5:15-6:30 ABS & Spinning® Maya	<b>Hours:</b> M-F 5am-10pm, Sat & Sun 7am-8pm  <b>Babysitting:</b> M-F 8am-7pm, Sat & Sun 8am-1pm  <b>FitKids:</b> M-F 3pm-7pm, Sat 8:45am-1pm			
6:30 a.m.	6:30-7:30 Cycling Tami	6:15-7:00 *Intense Circuit Nancy  6:30-7:30 Vinyasa Flow Yoga Ann	6:30-7:30 Basic Cycling Tami	6:15-7:00 *Intense Circuit Nancy  6:30-7:30 Vinyasa Flow Yoga Ann	6:00-7:00 Basic Cardio Sculpt/Nancy  6:30-7:30 Cycling/Laisha				
8:00 a.m.	Turbo Kick® Susan S.	Basic Aerobics Diane  *Pilates Plus Kristi	Turbo Kick® Susan S.  Basic Yoga Elizabeth	Dance Aerobics Diane  *Pilates Plus Kristi	Turbo Kick® Susan S.  8:30-9:00 Basic Core Elizabeth			Cycling Bob	8:00-9:15 Spinning® Maya  8:30-9:00 Basic Aerobics Diane
8:30 a.m.	8:30-9:00 *Core Blast Kristi	8:30-9:00 Body Sculpt Diane	Stretch/Diane						
9:00 a.m.	*Cycling Kristi Dance Aerobics Diane	9:00-9:30 Basic Cycling 9:30-10:00 Basic Pilates/Kristi *Turbo Kick®/Judy	*Cycling Kristi *Core & Glutes Conditioning Judy	Latin DanceFit Camille *Turbo Kick®/Judy	*Cycling/Judy Step/Elizabeth	*Turbo Kick®/Judy Cardio Sculpt/Tami	Body Sculpt/Diane  9:30-10:45 Cycling Patricia		
10:00 a.m.	*Basic Pilates 30 min Kristi	Tai Chi Basic/Paul	*Pilates Kristi	Tai Chi Basic/Paul	*Body Sculpt Kristi		10:00-11:00 Stretch Diane		
10:15 a.m.	Cardio Sculpt Nancy 10:30-11:30 *Body Sculpt Elizabeth	10:00 *Body Sculpt Kristi	Cardio Sculpt Nancy	10:00 Body Sculpt Diane		10:15-11:15 *Boot Camp/Judy  10:15-11:15 Body Sculpt/Tiffany			
11:00 a.m.	11:15-12:00 Basic Pilates Nancy	Tai Chi Intermediate/Paul *Basic Yoga Tami	Dance Aerobics Diane 11:15-12:00 Pilates/Nancy	Tai Chi Intermediate/Paul *Basic Yoga Tami	10:15-11:30 Yoga Fitness Fusion Tami	11:30-12:30 Basic Cycling Patricia	11:00-12:30 *Power Yoga Susan C.		
11:30 a.m.	*Feldenkrais®/Yayoi	*Feldenkrais® Libby	*Feldenkrais® Libby	Feldenkrais® Chair Yayoi	Pregnant & Post- partum Fitness	11:30-12:30 Basic Pilates/Hawa	<b>Yoga Clinic</b>		
12:15 p.m.	Cycling Shelley  Zumba®/DJ	12:15-1:00 Cycling Judy Body Sculpt/Tami	Cycling Laisha  Zumba®/DJ	12:15-1:00 Cycling Judy Body Sculpt/Tami	Basic Cycling Laisha  12:30-1:30 *Beyond Basic Yoga/Tami	12:30-1:45 Basic Yoga Hawa	<b>Going Deep through Yoga</b>  Saturday, February 18 2:00-4:00 p.m.  \$20 members (non-members pay additional guest fee).  Space is limited.  Register and make payment at the front desk to secure your space.		
1:00 p.m.	Meditation/EFT Becca/Movement room			1:00-2:00 Perinatal Yoga/Ann					
1:30 p.m.	1:30-2:15 Basic Senior Aerobics Tami	Cardiac Rehab Tai Chi/Paul  Total Body Balance Training 1:30-2:30 Laisha/Shelley		1:30-2:30 Total Body Balance Training Laisha/Shelley					
2:00 p.m.			*Senior Strength & Sculpt Laisha & Shelley		*Senior Strength & Sculpt Laisha & Shelley	2:30-3:30 Perinatal Yoga Ann			
3:30 p.m.	Basic Circuit Nancy  Sports Performance	Yamuna Body Rolling & Basic Yoga/Hawa	Intense Body Sculpt/Nancy  Sports Performance	Intense Circuit Nancy  HipHop/Susan S	Yamuna Body Rolling Hawa				
4:30 p.m.	Body Sculpt Diane	Basic Cycling Judy/30 min Pilates/Nancy	Core Blast Nancy/30 min *Turbo Kick®/Judy	Basic Cycling Judy/30 min Pilates/Nancy	4:30-5:30 *Turbo Kick®/Judy		<b>Legend</b> Class locations are specified by color. (see legend below.)  Conference/Movement room (grey) Basketball Court (blue) Studio 1 (green) Studio 2 (purple) FitKids Zone (orange)  <b>Restricted Classes</b> *Classes need tickets to attend. =New Class		
5:00 p.m.	Step-n-Abs Tiffany	*Power Pump Judy	Step-n-Abs Tiffany	*Power Pump Judy	4:30-5:45 Gentle Yoga/ Meditation Becca				
5:30 p.m.	5:30-7:00*Yoga for Every Body/Ann	20-20-20 Tiffany	5:30-7:00 *Yoga for Every Body/Ann	20-20-20 Tiffany					
6:00 p.m.	*Cycling/Judy	*Turbo Kick®/Judy	Cycling/Bob	Cycling/Bob	Zumba®/DJ				
6:30 p.m.	Basketball Pick-up games		Basketball Pick-up games	Core Conditioning Judy					
7:00 p.m.	Basic Restorative Yoga/Ann *Turbo Kick® Lisa	Latin DanceFit Camille 7:00-8:15 Yoga Fitness Fusion/Tami	Basic Restorative Yoga/Ann *Turbo Kick®/Lisa	*Turbo Kick® Lisa					
					3421 Villa Lane Napa, CA 94558 • Phone: 707-251-1395 Fax:707-251-1373 • www.wellnesscenternapa.com Programs Manager • Pamela Contos 251-3506				

# Synergy February 2012 Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m.		Sunrise Splash Suzy		Sunrise Splash Suzy		↑ Open for lap swim ↓	
7:15 a.m.	7:15-8:15 Open Warm Water		7:15-8:15 Open Warm Water		7:15-8:15 Open Warm Water		
8:30 a.m.	Hydro-Fit Tami		Hydro-Fit Tami		Hydro-Fit Tami		
9:00 a.m.		9:00-10:15 Open Warm Water 9:00-10:00 Hydro-Fit Janine		9:00-10:15 Open Warm Water 9:00-10:00 Hydro-Fit Tami			
9:30 a.m.	Hydro-Fit Janine  Hydro-Fit (Deep Water) Elizabeth	10:15 Gentle Water Exercise Cynthia	Hydro-Fit Elizabeth  Hydro-Fit (Deep Water) Janine	10:15 Gentle Water Exercise Cynthia	Hydro-Fit Janine		Hydro-Fit Tami
10:30 a.m.					10:30-11:30 Hydro-Fit (Deep Water) Elizabeth		10:15-11:15 Synergy Swim Team 2 lanes *fee based
11:15/11:30 a.m.	11:30 *S.M.I.L.E. Natalie	11:15 *Aqua Zumba® DJ		11:15 *S.M.I.L.E. Elizabeth			Swim Lessons (times vary)
12:15 p.m.		*S.M.I.L.E. Elizabeth		*S.M.I.L.E. Elizabeth	12:00 *Arthritis Class Staff		1:15-2:15 Open Warm Water (adults only)
1:00 p.m.	Pool Closed Maintenance 1:00-2:00		Pool Closed Maintenance 1:00-2:00		Pool Closed Maintenance 1:00-2:00		3:00-4:00 Synergy Swim Team 2 lanes *fee based
2:00 p.m.	Swim Lessons (times vary)	Swim Lessons (times vary)		Swim Lessons (times vary)	Swim Lessons (times vary)		3:00-4:00 St. John's Swim Team 2 Lanes Jan 7-Feb 11
	FitKids Day Camps, 1-2 lanes used, 2:00-3:00						
3:30 p.m.	3:30-4:30 FitKids/Lane 1				3:30-4:30 FitKids/Lane 1	<b>Legend</b> Class locations are specified by color. (see legend below.)  Warm Water Pool (red) Lap Pool (purple)  *Lane restriction-See lap schedule  S.M.I.L.E. = Smaller Movement Intensity Lowered Exercise = New Class	
4:30 p.m.	Open Warm Water and swim lessons	Open Warm Water and swim lessons	Open Warm Water and swim lessons	Open Warm Water and swim lessons	3:30-5:30 Swim Lessons Only		
5:30 p.m.	Hydro-Fit/Tami Pre Natal Warm Water Class		Liquid Fusion/Suzy Pre Natal Warm Water Class		5:30-7:00 Family Swim		
6:00 p.m.		5:30-7:30 Synergy Swim Team 2 lanes *fee based	6:30-7:00 Yo-Qua		5:30-7:30 Synergy Swim Team 2 lanes *fee based		
7:00 pm			Special Olympics 1-2 lanes January 18-June 6				

\*\$8 non-member fee for the Arthritis Classes, Aqua Zumba and S.M.I.L.E. Space is limited & tickets are needed to participate.

## SYNERGY BASIC TRAINING

*Change your life with fun, high-energy, total-body workouts!*

Get in the best shape of your life with Synergy's Basic Training! A comprehensive, high-intensity 4 or 8-week program that includes body composition testing, nutrition counseling, and a safe progression of strength and endurance exercises. Strengthen, tone and shape your entire body with fun yet challenging, efficient workouts!

**WHEN:** Tuesday / Thursdays 9:15 - 10:15 am -OR-  
Monday / Wednesday (with optional 3<sup>rd</sup> session Friday) 6:00 - 7:00 am

**WHERE:** Synergy Medical Fitness Center, For dates and cost see Announcement sheet

