

| Term 1 | Monday *10 weeks* Aug 31 – Nov 16 none Sept 7 /Oct 12 | Tuesday *11 weeks* Sept 1 – Nov 10 | Wednesday *11 weeks* Sept 2-Nov 11 | Thursday *11 weeks* Sept 3 – Nov 12 | Friday *11 weeks* Sept 4 - Nov 13 |
|-----------------|---|---|---|--|--|
| 8:45am | | Strength (JS) | | | |
| 9:45am | Strength (V) | Level 2 (JS) | Level 2 (J) | Level 3 (JS) | Level 2 (F) |
| 11:00am | Pelvic Core (J) | Level 2 (M) | Level 1 (J) | Level 1 (JS) | Level 2 (F) |
| 12:15pm | Strength (J) | Level 3 (M) | Strength (J) | Strength (M) | Core Restore 2(V) |
| 1:30pm | | | | | Core Restore 1(V) |
| 2:15pm | | | Strength (F) | | CR Community 2:30-3:30pm |
| 5:00 pm | Strength (U) <i>*5:15pm start*</i> | Level 2 (F) | Level 3 (M) | Level 3 (F) | |
| Studio 2 | | | | Pelvic Core (J) 10 wks to Nov 5 | |
| 6:15 pm | Level 1 (A) | Level 2 (A) | Level 2 (V) | Prenatal (J) | |
| Studio 2 | | | | Intro Class (A) Oct 8 – Nov 12 | |
| 7:30 pm | Gender Affirming Movement (A) Aug 31 to Oct 26 | Level 3 (J) | Level 3 (V) | Strength (A) | |

(M) Martha (F) Francesca (JS) Jenna (J) Jalisa (V) Victoria (U) Ulla (A) Amy

- **Zoom access is UNLIMITED for everyone** - all classes streamed except Strength, Studio 2 + GAM
- **Pre-Class Assessment is INCLUDED** if brand new to SYNERGY
- Class makeups: unlimited via Zoom until end of each session / no credit for insurance purposes
- Classes are 50 min long *Exception: Strength is 45 min*

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| Mat Classes | \$300/330: 10-11 wks | Level 1, 2, 3 + Prenatal |
| Core Restore | \$330: 11 wks | Baby Friendly |
| Pelvic Core | \$350: 10 wks | Includes on demand class bundle |
| Strength with Springboards | \$300/\$330: 10-11 wks | Experience necessary |
| 6 Week Intro | \$180: 6 wks | No experience necessary |
| Gender Affirming Movement Class | By Donation to Transformation Closet | 2S/LGBTQ+ community only |