

Class Schedule

Cicero/N. Syracuse

5620 Business Ave. – Penn Can Business Park - Off Rt 11

Monday	Abs Express \$5.00	5:30 – 6:00
Monday	Zumba	6:00 – 7:00
Monday	Hot Power Yoga	7:00 - 8:00
Tuesday	Pilates – open level	9:30 – 10:30
Tuesday	Yoga – Int.	5:30 – 6:30
Tuesday	Pilates - Int/Adv.	6:30 – 7:30
Wednesday	Zumba Toning	5:30 – 6:30
Wednesday	Hot yoga	6:30 – 7:30
Thursday	Pilates - Beg/Int.	5:30 – 6:30
Thursday	Yoga – open level	6:30 – 7:30
Friday	Yoga – open level	10:00 – 11:00
Saturday	Zumba	8:00 – 9:00 am
Saturday	Pilates - Beginning	9:00 – 10:00
Saturday	Yoga - Beginning	10:00 – 11:00
Saturday	Pilates Chair *	11:00 – 11:45
Sunday	Zumba	8:00 – 9:00 am

Downtown Syracuse

Onondaga County Civic Center 421 Montgomery St.

Tuesday	Pilates	12:15 – 1:00
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* \$20 per class – limit of 6 students – call in advance

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Corporate Schedule

AXA

Wednesday	Yoga	11:40 – 12:25
Wednesday	Yoga	12:30 – 1:15

Crouse Hospital

Monday	Pilates	4:10 – 4:55
Thursday	Pilates	12:00 – 12:45

Syracuse Newspapers

Monday	Yoga	1:00 – 1:45
Thursday	Pilates	1:15 – 2:00

Hematology Oncology Associates

Tuesday	Zumba	5:30 – 6:15
Thursday	Zumba	5:30 – 6:15

You must be an employee to participate in the corporate programs.

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Rates

**Free introductory group class!
Print coupon on our website!**

Class punchcards – Pilates, Yoga, Golf & Fusion	
Cards	Cost
1 card - 8 classes	\$80 – valid for 60 days
2 cards - 16 classes	\$128 – valid for 60 days
3 cards - 24 classes	\$150 – valid for 60 days
Unlimited – Pilates & Yoga	\$70 per month – valid for 30 days
Unlimited – Pilates & Yoga	\$25 1 week – valid 7 days
1 Zumba card – 10 classes	\$50 – valid for 60 days Receive 1 free Yoga or Pilates class with every punch card purchase
Unlimited Zumba	\$55 per month-valid 30 days
Zumba drop in	\$6.00
Pilates, Yoga, Fusion or Golf drop in	\$13.00

Private Rates

45 minutes	60 minutes
1 - \$45	1 - \$60
5 - \$214 save 5%	5 - \$285 save 5%
10 – \$405 save 10%	10 - \$540 save 10%
15 - \$574 save 15%	15 - \$765 save 15%

Semi-private – 2 people (per person rates)

1 - \$25	1 - \$35
5 - \$119	5 - \$166
10 - \$225	10 - \$315
15 - \$319	15 - \$446

**Private sessions require 24 hour cancellation notice.
Schedule and rates are subject to change
Check the website for our current schedule of classes
and for upcoming events and specials!
www.cnyfitness.com**

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