

April



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-Tabata-Valerie 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
3 9:15-ST/CT-Jo Ann 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata-Alexis 6:30-Barre-Amanda	4 9:15-Lift & Tone- Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-JAMZ- Petra 6:30-Lift & Tone- Geri	5 9:15-Jamz-Kristin 10:30-Sit & Fit-Kelly 5:30-Ripped- Kelly S 6:30-Easy Yoga- Tina	6 9:15-20/20/20-Jennifer 10:30 Yoga-Maggie 5:30-PIYO-Alexis 6:30-20/20/20-Krista	7 9:15-Lift & Tone-Marcela 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Debbie	8 9-Turbo Kick- Ali 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
10 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Turbo Kick- Lisa 6:30-Barre-Amanda	11 9:15-Lift & Tone-Amy L 10:30-PIYO- Ali 11:35-Chair Pilates-Suz 5:30-JAMZ- Petra 6:30-Lift & Tone-Krista	12 9:15-Jamz-Kristin 10:30-Sit & Fit-Kelly 5:30-Insanity- Kristin 6:30-Easy Yoga- Tina	13 9:15-20/20/20-Jo Ann 10:30 Mat Pilates-Robin 5:30-PIYO-Alexis 6:30-Ripped-Krista	14 9:15-Lift & Tone-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Robin	15 9-Tabata-Alexis 10:10-Yoga-Geri 11:20-Easy Yoga-Geri
17 9:15-Turbo Kick- Ali 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata-Alexis 6:30-Barre-Amanda	18 9:15-Lift & Tone- Dan 10:30-Yoga- Geri 11:35-Chair Pilates-Suz 5:30-JAMZ- Petra 6:30-Lift & Tone- Kristin	19 9:15-Jamz- Petra 10:30-Sit & Fit-Kelly 5:30-Ripped- Kelly S 6:30-Easy Yoga-Tina	20 9:15-Resist-a-Ball/CT-Molly 10:30-Yoga-Maggie 5:30-PIYO- Lisa 6:30-20/20/20-Krista	21 9:15-Lift & Tone-Amy L 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Debbie	22 9-20/20/20-Krista 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
24 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:30-Barre-Amanda	25 9:15-Lift & Tone-Jennifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-JAMZ- Petra 6:30-Lift & Tone-Valerie	26 9:15-Jamz-Kristin 10:30-Sit & Fit-Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga- Maggie	27 9:15-20/20/20-Amy L 10:30-Yoga-Maggie 5:30-PIYO- Lisa 6:30-CT/ABS- Geri	28 9:15-Lift & Tone- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Robin	29 9-Insanity-Kristin 10:10-Yoga- Tina 11:20-Easy Yoga- Tina