

# May



## GROUP EX

859-426-7777 [www.silverlakefamily.com](http://www.silverlakefamily.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata- Alexis 6:30-Barre-Amanda	2 9:15-Lift & Tone-Jennifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz <b>5:30 Latin JAMZ-Petra</b> 6:30-Lift & Tone-Krista	3 9:15-Jamz-Kristin 10:30-Sit & Fit-Robin 5:30-Ripped- Kelly S 6:30-Easy Yoga- Tina	4 9:15-Resist-a-Ball/CT- Jo Ann 10:30-Yoga-Maggie 5:30-PIYO- Lisa 6:30-Turbo Kick- Lisa	5 9:15-Lift & Tone-Marcela 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Debbie	6 9-CT/ABS- Amy L 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
8 9:15-Turbo Kick- Ali 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Turbo Kick- Lisa 6:30-Barre-Amanda	9 9:15-Lift & Tone- Ali 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz <b>5:30-Latin JAMZ- Petra</b> 6:30-Lift & Tone- Krista	10 9:15-Jamz-Kristin 10:30-Sit & Fit-Jo Ann 5:30-Tabata- Kristin 6:30-Easy Yoga- Maggie	11 9:15-20/20/20-Jennifer 10:30 Yoga-Maggie 5:30-PIYO-Alexis 6:30-CT/ABS- Geri	12 9:15-Lift & Tone-Molly 10:25-Bootcamp Pilates- Suz 11:35-Sit & Fit- Robin	13 9-Tabata- Alexis 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
15 9:15-ST/CT-Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS-Geri 6:30-Barre-Amanda	16 9:15-Lift & Tone-Amy L 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz <b>5:30-Latin JAMZ- Petra</b> 6:30-Lift & Tone-Valerie	17 9:15-Jamz-Kristin 10:30-Sit & Fit-Robin 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	18 9:15-Resist-a-Ball/CT- Jo Ann <b>10:30 Mat Pilates-Robin</b> 5:30-PIYO- Lisa 6:30-JAMZ- Karen	19 9:15-Lift & Tone-Jennifer 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie	20 <b>9-Latin JAMZ- Petra</b> 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
22 9:15-Tabata- Jennifer 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata-Alexis 6:30-Barre-Amanda	23 9:15-Lift & Tone- Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz <b>5:30-Latin JAMZ- Petra</b> 6:30-Lift & Tone- Geri	24 9:15-Jamz- Kristin 10:30-Sit & Fit-Robin 5:30-Insanity- Kristin 6:30-Easy Yoga-Maggie	25 9:15-Resist-a-Ball/CT- Jo Ann 10:30-Yoga-Maggie 5:30-PIYO- Lisa 6:30-20/20/20-Krista	26 9:15-Lift & Tone- Valerie 10:25-Bootcamp Pilates- Suz 11:35-Sit & Fit- Jo Ann	27 9-Turbo Kick- Ali 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
29 <b>9:15-Ripped- Terry</b> <b>Happy Memorial Day!</b>	30 9:15-Lift & Tone- Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz <b>5:30-Latin JAMZ- Petra</b> 6:30-Lift & Tone- Geri	31 9:15-Jamz-Kristin 10:30-Sit & Fit-Marcella 5:30-Tabata-Kelly S 6:30-Easy Yoga- Tina			