

November



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga- Maggie	2 9:15 Tabata-Jennifer 10:30 Yoga-Maggie 5:30-PIYO-Lisa 6:30-Jamz- Petra	3 9:15-Lift & Tone-Terry 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child-Easy Yoga- Tina	4 9-Jamz- Karen 10:10-Yoga-Valerie 11:20-Easy Yoga- Valerie
6 9:15-ST/CT-Terry 10:30-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata- Kelly S 6:30-Barre-Amanda	7 9:15-Lift & Tone-Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone-Nell	8 9:15-Jamz- Petra 10:30-Sit & Fit-Jo Ann 5:30-CT/ABS- Nell 6:30-Easy Yoga- Tina	9 9:15-Tabata-Jennifer 10:30 Yoga-Maggie 5:30-PIYO-Alexis 6:30-Jamz-Petra	10 9:15-Lift & Tone-Molly 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Robin 6:15-Parent/Child-Circuit Stations- Geri	11 9-Ripped-Alexis 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
13 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata-Alexis 6:30-Barre-Amanda	14 9:15-Lift & Tone-Terry 10:30-Ball Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-CT/ABS-Geri 6:30-Lift & Tone-Krista	15 9:15-Jamz- Petra 10:30-Sit & Fit-Kelly 5:30-Ripped-Kelly S 6:30-Easy Yoga- Maggie	16 9:15-20/20/20-Jo Ann 10:30 Yoga-Maggie 5:30-No PIYO tonight 6:30-Jamz-Petra	17 9:15-Lift & Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit-Debbie 6:15-Parent/Child-JAMZ- Amanda	18 9-Turbo Kick- Ali 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
20 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	21 9:15-Lift & Tone-Jennifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone-Valerie	22 9:15-20/20/20- Molly 10:30-Sit & Fit-Kelly Enjoy your Evening!	23 Happy Thanksgiving!	24 9:15-Resist-a-Ball/Stretch- Geri	25 9-Insanity- Lisa 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
27 9:15-Turbo Kick- Lisa 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped- Kelly S 6:30-Barre-Amanda	28 9:15-Lift & Tone-Marcella 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-CT/ABS- Geri - 6:30-Lift & Tone-Krista	29 9:15-20/20/20- Molly 10:30-Sit & Fit-Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	30 9:15-ST?CT-Jo Ann - 10:30-Yoga-Valerie 5:30-PIYO- Lisa 6:30-JAMZ- Karen		