

September



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:15-Lift & Tone-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie	2 9-Tabata-Alexis 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
4 9:15-Turbo Kick-Ali HAPPY LABOR DAY!	5 9:15-Lift & Tone-Jennifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-JAMZ- Petra 6:30-Lift & Tone-Geri	6 9:15-Jamz- Petra 10:30-Sit & Fit-Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga- Tina	7 9:15-20/20/20- Nell 10:30 Yoga- Maggie 5:30-PIYO- Lisa 6:30-Ripped-Krista	8 9:15-Lift & Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Robin	9 9-Turbo Kick- Ali 10:10-Yoga-Valerie No 11:20 today
11 9:15-CT/ABS-Dan 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Robin 5:30-Tabata-Alexis 6:30-Barre- Amanda	12 9:15-Lift & Tone-Terry 10:30-Ball Yoga- Maggie 11:35-Chair Pilates-Suz 5:30- JAMZ- Petra 6:30-Lift & Tone-Nell	13 9:15-Jamz- Petra 10:30-Sit & Fit-Jo Ann 5:30-Turbo Kick-Kelly S 6:30-Easy Yoga- Tina	14 9:15-Tabata- Nell 10:30 Yoga- Maggie 5:30-No Class 6:30-JAMZ- Karen	15 9:15-Lift & Tone-Amy L 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie	16 9-Ripped-Alexis 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
18 9:15-Ripped- Terry 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata-Alexis 6:30-Barre-Amanda	19 9:15-Lift & Tone-Amy L 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-JAMZ-Natalie 6:30-Lift & Tone-Valerie	20 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata-Kelly S 6:30-Easy Yoga- Maggie	21 9:15-CT/ABS-Jo Ann 10:30 Yoga-Maggie 5:30-PIYO-Alexis 6:30-JAMZ -Karen	22 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann	23 9-Tabata-Valerie 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
25 9:15-ST/CT-Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata-Kelly S 6:30-Barre-Amanda	26 9:15-Lifr & Tone- Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-JAMZ- Petra 6:30-Lift & Tone- Krista	27 9:15-Jamz- Petra 10:30-Sit & Fit-Kelly 5:30-CT/ABS- Geri 6:30-Easy Yoga- Tina	28 9:15-20/20/20- Terry 10:30-Yoga-Maggie 5:30-PIYO-Alexis 6:30-Ripped-Krista	29 9:15-Lift & Tone- Marcella 10:15-Mat Pilates-Suz 11:35-Sit & Fit- Robin 6:00 JAMZ Happy Hour w/ Several Instructors! Held at Better Bodies Refreshments after- wards. See you there!	30 9-Jamz- Natalie 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie