

# December



## GROUP EX

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:15-Lift & Tone-Terry 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit-Debbie  <b>6:15-Parent/Child-Circuit Stations- Geri</b>	2 9-Turbo Kick- Lisa 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
4 9:15-ST/CT-Jo Ann 10:30-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:30-Barre-Amanda	5 9:15-Lift & Tone-Jennifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz- Natalie 6:30-Lift & Tone-Nell	6 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga- Maggie	7 9:15-Ripped- Terry 10:30 Yoga-Maggie <b>5:30-No PIYO tonight</b> 6:30-Jamz-Petra	8 9:15-Lift & Tone-Marcella 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Jo Ann  <b>6:15-Parent/Child-Easy Yoga- Tina</b>	9 9-Ripped- Alexis 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie
11 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata-Alexis 6:30-Barre-Amanda	12 9:15-Lift & Tone-Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz- Natalie 6:30-Lift & Tone- Geri	13 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-CT/Abs- Geri 6:30-Easy Yoga- Tina	14 9:15-Tabata-Jennifer 10:30 Yoga-Maggie 5:30-PIYO-Lisa 6:30-Jamz- Karen	15 9:15-Lift & Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann  <b>6:15-Parent/Child-Jamz- Amanda</b>	16 9-20/20/20- Molly 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
18 9:15-ST/CT-Terry 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata- Kelly S 6:30-Barre-Amanda	19 9:15-Lift & Tone Marcella 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz- Natalie 6:30-Lift & Tone- Nell	20 9:15-Jamz- Molly 10:30-Sit & Fit- Jo Ann 5:30-Turbo Kick- Kelly S 6:30-Easy Yoga- Tina	21 9:15-ST/CT- Jo Ann 10:30-Yoga-Maggie 5:30-PIYO- Lisa 6:30-Jamz- Karen	22 9:15-Lift & Tone-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie	23 9-ST/CT- Amy L 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
25 <b>MERRY CHRISTMAS!</b>	26 9:15-Lift & Tone-Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone-Geri	27 9:15-Jamz-Kelly & Molly 10:30-Sit & Fit-Kelly 5:30-CT/ABS- Geri 6:30-Easy Yoga- Maggie	28 9:15-20/20/20-Jennifer 10:30-Yoga-Maggie 5:30-PIYO-Alexis 6:30-Jamz-Karen	29 9:15-Lift & Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Marcella  <b>6:15-Parent/Child-Easy Yoga-Tina</b>	30 9-Tabata- Valerie 10:10-Yoga- Tina 11:20-Easy Yoga- Tina