

February



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:15 20/20/20-Jennifer 10:30 Yoga-Maggie 5:30-PIYO- Alexis 6:30-Jamz-Petra	2 9:15-Lift & Tone-Marcela 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Debbie 6:15-Parent/Child-Easy Yoga- Tina	3 9-Turbo Kick- Ali 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
5 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Amanda	6 9:15-Lift & Tone-Amy L 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Krista	7 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	8 9:15-20/20/20- Jo Ann 10:30 Yoga-Maggie 5:30-PIYO- Lisa 6:30-Jamz-Petra	9 9:15-Lift & Tone- Ali 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child-Zumba/Jamz-Amanda	10 9-CT/ABS- Amy L 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
12 9:15-Turbo Kick-Ali 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata- Nell 6:30-Barre-Amanda	13 9:15-Lift & Tone-Jennifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-CT/ABS- Geri 6:30-Lift & Tone-Nell	14 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-Ripped- Kelly S 6:30-Easy Yoga- Tina	15 9:15-20/20/20-Jennifer 10:30 Yoga-Maggie 5:30-PIYO- Alexis 6:30-Jamz-Petra	16 9:15-Lift & Tone- Amy L 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie 6:15-Parent/Child-Easy Yoga- Maggie	17 9-Core De Force-Alexis 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
19 9:15-ST/CT-Amy L 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS-Geri 6:30-Barre-Amanda	20 9:15-Lift & Tone-Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Krista	21 9:15-Jamz-Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga-Maggie	22 9:15-20/20/20- Terry 10:30-Yoga- Valerie 5:30-PIYO- Alexis 6:30-Jamz- Petra	23 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Molly 6:15-Parent/Child-Circuit Stations- Geri	24 9-Ripped- Krista 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
26 9:15-ST/CT-Jo Ann 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Amanda	27 9:15-Lift & Tone-Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone- Geri	28 9:15-Jamz-Petra 10:30- Sit & Fit-Kelly 5:30-Ripped- Kelly S 6:30-Easy Yoga- Tina			