

JANUARY

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HAPPY NEW YEAR!	2 9:15-Lift & Tone-Amy L 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Geri	3 9:15-Jamz- Molly 10:30-Sit & Fit-Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga-Tina	4 9:15 20/20/20-Terry 10:30 Yoga-Maggie 5:30-PIYO- Alexis 6:30-Jamz-Petra	5 9:15-Lift & Tone-Marcela 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Debbie 6:15-Parent/Child-Zumba/Jamz- Amanda	6 9-Jamz- Petra 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
8 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Amanda	9 9:15-Lift & Tone-Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-20/20/20-Krista 6:30-Lift & Tone- Geri	10 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-Ripped-Kelly S 6:30-Easy Yoga- Tina	11 9:15-20/20/20-Marcella 10:30 Yoga-Maggie 5:30-PIYO- Alexis 6:30-Jamz-Petra	12 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child-Easy Yoga- Tina	13 9-Core De Force-Alexis 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
15 9:15-Turbo Kick-Lisa 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Amanda	16 9:15-Lift & Tone-Terry 10:30-Yoga-Valerie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Nell	17 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga-Maggie	18 9:15-20/20/20-Jo Ann 10:30 Yoga-Maggie 5:30-PIYO-Lisa 6:30-Jamz-Petra	19 9:15-Lift & Tone-Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie 6:15-Parent/Child-Circuit Stations- Geri	20 9-Jamz- Karen 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
22 9:15-ST/CT-Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Insanity- Lisa 6:30-Barre-Amanda	23 9:15-Lift & Tone-Valerie 10:30-Yoga-Valerie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone- Geri	24 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	25 9:15-20/20/20-Jennifer 10:30-Yoga-Maggie 5:30-PIYO- Lisa 6:30-Jamz- Petra	26 9:15-Lift & Tone- Nell 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Marcella 6:15-Parent/Child-Easy Yoga- Tina	27 9-Tabata- Valerie 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
29 9:15-Turbo Kick- Ali 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Amanda	30 9:15-Lift & Tone-Jennifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Krista	31 9:15- Jamz-Petra 10:30- Sit & Fit-Kelly 5:30-Tabata- Nell 6:30-Easy Yoga- Tina			