

# February

## GROUP EX



BETTER BODIES

859-344-9995 [www.betterbodiesnky.com](http://www.betterbodiesnky.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9-Jamz-Petra 10:10-Kick Azz-Terry 4:40-Tabata-Susan 5:45-Yoga- Tina 7-Cage Fitness-Shannon	2 9-ST/CT- Molly 10:10-Stretch & Strength- Dee	3 7:55-20/20/20-Amy L 9-Jamz- Petra 10:05-Kick Azz- Nell
4 9:05-20/20/20- Molly 10:05-Easy Yoga 11-Yoga- Tina	5 9-BOSU/CT- Molly 10:10-BS/Abs- Ali 4:40-ST/Kick BX-Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	6 9-Cardio Pump-Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	7 6-Ripped-Alexis 9-Mat Pilates- Jamie 10:10-Insanity- Lisa 6-20/20/20- Debbie 7:05-Kick Azz- Krista	8 9-Jamz-Petra 10:10-Kick Azz- Terry 4:40-Tabata-Susan 5:45-Yoga- Tina 7-Cage Fitness-Shannon	9 9-ST/CT- Jennifer 10:10-Stretch & Strength- Dee	10 7:55-20/20/20- Ali 9-BOSU/Tabata-Valerie 10:05-Kick Azz- Molly
11 <b>9:05-Core De Force-Alexis</b> 10:05-Easy Yoga 11-Yoga- Maggie	12 9-BOSU/CT- Jennifer 10:10-BS/ Abs- Marcella 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	13 9-Cardio Pump- Amy L 4:40-PIYO- Ali 5:45-Turbo Kick-Kelly S 7:05-Barre-Amanda	14 6-Tabata-Valerie 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Debbie 7:05-Kick Azz- Krista	15 9-Jamz- Petra 10:10-Kick Azz- Nell 4:40-Insanity- Lisa 5:45-Yoga- Tina 7-Cage Fitness-Shannon	16 9-ST/CT- Jo Ann <b>10:10-PIYO- Ali</b>	17 7:55-20/20/20- Molly 9-Jamz- Petra 10:05-Kick Azz- Lisa
18 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga- Tina	19 9-BOSU/CT- Jo Ann 10:10-BS/Abs- Terry 4:40-Tabata- Valerie 5:45-Yoga- Tina 6:50-Jamz-Karen	20 9-Tabata-Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick-Kelly S 7:05-Barre-Amanda	21 6-Turbo Kick- Lisa 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Krista 7:05-Kick Azz- Krista	22 9-Jamz- Petra 10:10-Kick Azz- Lisa 4:40-Tabata- Susan 5:45-Yoga- Tina 7-Cage Fitness-Shannon	23 9-ST/CT- Amy L 10:10-Stretch & Strength- Dee	24 7:55-20/20/20-Amy L <b>9-Core De Force-Alexis</b> <b>10:05-Kick Azz/Turbo Kick- Ali</b> <b>Open House-Bring a Guest for free!</b> <b>10:00-2:00</b>
25 9:05-Jamz- Karen 10:05-Easy Yoga 11-Yoga- Maggie	26 9-BOSU/CT- Amy L 10:10-BS/Abs- Ali 4:40-20/20/20- Terry 5:45-Yoga- Geri 6:50-Jamz- Karen	27 9-Ripped- Terry 4:40-PIYO- Alexis 5:45-Turbo Kick-Kelly S 7:05-Barre-Amanda	28 6-Ripped- Alexis 9-Mat Pilates- Jamie 10:10-Tabata-Jennifer 6-20/20/20-Marcella 7:05-Kick Azz- Krista			