

# March

## 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-Valerie 5:45-Yoga- Tina 7-Cage Fitness-Shannon	2 9-ST/CT- Jo Ann 10:10-Stretch & Strength- Dee	3 7:55-20/20/20-Amy L <b>9-Core De Force-Alexis</b> 10:05-Kick Azz- Ali
4 9:05-Jamz- Karen 10:05-Easy Yoga 11-Yoga- Maggie	5 9-BOSU/CT-Valerie 10:10-BS/Abs- Amy L 4:40-Tabata- Susan 5:45-Yoga- Tina 6:50-Jamz-Karen	6 9-Cardio Pump- Jennifer 4:40-PIYO- Ali 5:45-Ripped-Krista 7:05-Barre-Amanda	7 6-Tabata- Valerie 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Krista 7:05-Kick Azz- Krista	8 9-Jamz-Petra 10:10-Kick Azz- Jennifer 4:40-ST/CT- Terry 5:45-Yoga- Geri 7-Cage Fitness-Shannon	9 9-ST/CT- Jennifer <b>10:10-PIYO- Ali</b>	10 7:55-20/20/20- Molly 9-BOSU/Tabata- Valerie 10:05-Kick Azz- Krista
11 9:05-20/20/20- Molly 10:05-Easy Yoga 11-Yoga- Tina	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- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	14 6-Ripped- Alexis 9-Mat Pilates- Jamie 10:10-Tabata- Lisa 6-20/20/20- Debbie 7:05-Kick Azz- Krista	15 9-Jamz- Petra 10:10-Kick Azz- Molly 4:40-Insanity- Lisa 5:45-Yoga- Tina 7-Cage Fitness-Shannon	16 9-ST/CT- Amy L 10:10- Stretch & Strength- Dee	17 7:55-20/20/20-Amy L 9-PIYO- Lisa 10:05-Kick Azz- Ali
18 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga- Tina	19 9-BOSU/CT- Molly 10:10-BS/Abs- Amy L 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	20 9-Tabata- Jennifer 4:40-PIYO- Lisa 5:45-Ripped- Krista 7:05-Barre-Amanda	21 6-Turbo Kick- Lisa 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Debbie 7:05-Kick Azz- Krista	22 9-Jamz- Petra 10:10-Kick Azz- Jennifer 4:40-Tabata- Susan 5:45-Yoga- Tina 7-Cage Fitness-Shannon	23 9-ST/CT- Amy L 10:10-Stretch- Dee <b>6-JAMZ Happy Hour!</b> <b>Join Several of your favorite Instructors for a fun workout!</b> <b>With refreshments</b>	24 7:55-20/20/20- Molly 9-CT/ABS- Dan 10:05-Kick Azz- Nell
25 <b>9:05-Core De Force-Alexis</b> 10:05-Easy Yoga 11-Yoga- Maggie	26 9-BOSU/CT- Ali 10:10-BS/Abs- Terry 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz- Karen	27 9-Cardio Pump-Amy L 4:40-PIYO- Ali 5:45-Tabata- Nell 7:05-Barre-Amanda	28 6-Turbo Kick- Lisa 9-Mat Pilates- Jamie 10:10-Tabata-Jennifer 6-20/20/20-Debbie 7:05-Kick Azz- Krista -	29 9-Jamz- Petra 10:10-kick Azz- Molly 4:40-Tabata- Susan 5:45-Yoga- Tina 7-Cage Fitness-Shannon	30 9-ST/CT- Terry <b>10:10-Barre/Pilates-Robin</b>	31 7:55-20/20/20-Amy L <b>9-Core De Force-Alexis</b> 10:05-Kick Azz- Lisa