

March



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- Robin 6:15-Parent/Child-Easy Yoga- Maggie	3 9-Jamz- Petra 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
5 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS- Geri 6:30-Barre-Amanda	6 9:15-Lift & Tone-Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Geri	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-No Class tonight 6:30-Jamz-Petra	9 9:15-Lift & Tone- Molly 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child-Jamz- Karen	10 9-CT/ABS- Amy L 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie
12 9:15-Ripped- Terry 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Amanda	13 9:15-Lift & Tone-Valerie 10:30-Yoga-Valerie 11:35-Chair Pilates-Suz 5:30-Tabata-Kelly S 6:30-Lift & Tone-Geri	14 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-ST/CT-Marcella 6:30-Easy Yoga- Tina	15 9:15-20/20/20-Jennifer 10:30 Yoga/Pilates-Robin 5:30-PIYO- Alexis 6:30-Jamz-Petra	16 9:15-Lift & Tone- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie 6:15-Parent/Child-Easy Yoga- Tina	17 9-Tabata-Valerie 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
19 9:15-Turbo Kick- Lisa 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Amanda	20 9:15-Lift & Tone-Dan 10:30-No Class today 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Nell	21 9:15-Jamz-Petra 10:30-Sit & Fit- Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga-Maggie	22 9:15-20/20/20- Jo Ann 10:30-Yoga- Maggie 5:30-PIYO- Lisa 6:30-Jamz- Petra	23 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child-Circuit Stations- Geri	24 9-Turbo Kick- Ali 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie
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 Jenifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Krista	28 9:15-Jamz-Petra 10:30- Sit & Fit-Kelly 5:30-Ripped- Kelly S 6:30-Easy Yoga- Tina	9:15-20/20/20-Terry 10:30-Yoga-Maggie 5:30-PIYO-Lisa 6:30-Jamz- Petra	9:15-Lift & Tone-Marcela 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie	9-Jamz- Karen 10:10-Yoha- Tina 11:20-Easy Yoga- Tina