

# April

## GROUP EX



BETTER BODIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>HAPPY EASTER!</b>	2 9-BOSU/CT- Amy L 10:10-BS/Abs- Valerie 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz- Karen	3 9-Cardio Pump- Terry 4:40-PIYO- Lisa 5:45-Tabata- Nell 7:05-Barre-Amanda	4 6-Kick Azz- Lisa 9-Mat Pilates- Jamie 10:10-Tabata- Valerie 6-20/20/20-Debbie 7:05-Kick Azz- Krista	5 9-Jamz-Petra 10:10-Kick Azz-Terry 4:40-ST/Kick BX-Susan 5:45-Yoga- Maggie 7-Cage Fitness- Shannon	6 9-ST/CT- Amy L <b>10:10-Barre/Pilates- Robin</b>	7 7:55-20/20/20- Molly 9-Turbo Kick- Ali 10:05-Kick Azz- Nell
8 9:05-Insanity- Lisa 10:05-Easy Yoga 11-Yoga- Maggie	9 9-BOSU/CT-Molly 10:10-BS/Abs- Terry 4:40-Tabata- Valerie 5:45-Yoga- Geri 6:50-Jamz-Karen	10 9-Cardio Pump- Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	11 6-Ripped- Alexis 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Krista 7:05-Kick Azz- Krista	12 9-Jamz- Molly 10:10-Kick Azz- Jennifer 4:40-ST/CT- Terry 5:45-Yoga- Geri 7-Cage Fitness- Shannon	13 9-ST/CT- Jo Ann 10:10-Stretch & Strength- Dee	14 7:55-20/20/20- Ali 9-BOSU/Tabata- Valerie 10:05-Kick Azz- Amy L
15 <b>9:05-Core De Force- Alexis</b> 10:05-Easy Yoga 11-Yoga- Tina	16 9-BOSU/CT- Molly 10:10-BS/ Abs- Marcella 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	17 9-Cardio Pump- Amy L 4:40-PIYO- Lisa 5:45-Turbo Kick-Kelly S 7:05-Barre-Amanda	18 6-Ripped- Alexis 9-Mat Pilates- Jamie 10:10-Tabata- Valerie 6-20/20/20- Debbie 7:05-Kick Azz- Krista	19 9-Jamz- Petra 10:10-Kick Azz- Kelly 4:40-ST/Kick BX-Susan 5:45-Yoga- Tina 7-Cage Fitness- Shannon	20 9-ST/CT- Terry 10:10- Stretch & Strength- Dee	21 7:55-20/20/20-Molly 9-Jamz- Petra 10:05-Kick Azz- Lisa
22 9:05-Jamz- Karen 10:05-Easy Yoga 11-Yoga- Maggie	23 9-BOSU/CT- Valerie 10:10-BS/Abs- Amy L 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	24 9-Cardio Pump- Terry 4:40-PIYO- Alexis 5:45- Ripped-Kelly S 7:05-Barre-Amanda	25 6-Tabata- Valerie 9-Mat Pilates- Jamie 10:10-Tabata- Nell 6-20/20/20- Debbie 7:05-Kick Azz- Krista	26 9-Jamz- Petra 10:10-Kick Azz- Terry 4:40-Tabata- Jennifer 5:45-Yoga- Tina 7-Cage Fitness- Shannon	27 9-ST/CT-Jennifer 10:10-Stretch-& Strength- Dee	28 7:55-20/20/20-Amy L <b>9-Core De Force- Alexis</b> 10:05-Kick Azz- Krista
29 9:05-20/20/20- Molly 10:05-Easy Yoga 11-Yoga- Tina	30 9-BOSU/CT- Lisa 10:10-BS/Abs- Terry 4:40-Tabata- Susan 5:45-Yoga- Tina 6:50-Jamz- Karen					