

April



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:15-ST/CT- Terry 10:25-Resist-a-ball- Suz 11:35-Sit & Fit- Kelly 5:30-Core De Force- Alexis 6:30-Barre-Amanda	3 9:15-Lift & Tone Amy L 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone-Geri	4 9:15-Jamz-Petra 10:30- Sit & Fit-Kelly 5:30-CT/Abs- Geri 6:30-Easy Yoga- Tina	5 9:15 20/20/20-Molly 10:30 Yoga/Pilates-Robin 5:30-No Piyo Tonight 6:30-Jamz-Petra	6 9:15-Lift & Tone-Molly 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Robin	7 9-Jamz- Petra 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
9 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force- Alexis 6:30-Barre-Amanda	10 9:15-Lift & Tone-Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone- Valerie	11 9:15-Jamz- Kelly 10:30-Sit & Fit-Kelly 5:30-CT/Abs- Geri 6:30-Easy Yoga-Maggie	12 9:15-20/20/20- Jo Ann 10:30 Yoga-Maggie 5:30-PIYO- Lisa 6:30-Jamz- Karen	13 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann	14 9-Resist-a-Ball/CT- Molly 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie
16 9:15-ST/CT- Terry 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force- Alexis 6:30-Barre-Amanda	17 9:15-Lift & Tone-Valerie 10:30-Yoga-Valerie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone- Nell	18 9:15-Jamz-Petra 10:30-Sit & Fit-Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga- Tina	19 9:15-20/20/20-Jennifer 10:30 Yoga-Maggie 5:30-PIYO- Alexis 6:30-Jamz-Petra	20 9:15-Lift & Tone- Amy L 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Jo Ann	21 9-Tabata-Valerie 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
23 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Turbo Kick- Lisa 6:30-Barre-Amanda	24 9:15-Lift & Tone-Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone-Nell	25 9:15-Jamz-Petra 10:30-Sit & Fit- Kelly 5:30-CT/Abs- Geri 6:30-Easy Yoga- Tina	26 9:15-20/20/20- Jo Ann 10:30-Yoga/Pilates-Robin 5:30-PIYO-Alexis 6:30-Jamz- Petra	27 9:15-Lift & Tone- Marcella 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Debbie	28 9-Turbo Kick- Ali 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie
30 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					