

May



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15-Lift & Tone- Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone- Geri	2 9:15-Jamz-Petra 10:30-Sit & Fit- Jo Ann 5:30-CT/ABS- Geri 6:30-Easy Yoga- Maggie	3 9:15-20/20/20- Molly 10:30-Yoga/Pilates-Robin 5:30-PIYO- Lisa 6:30-Jamz- Petra	4 9:15-Lift & Tone- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Debbie	5 9-Jamz-Karen No Yoga Today
7 9:15-CT- Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata- Nell 6:30-Barre-Amanda	8 9:15-Lift & Tone- Amy L 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-CT/ABS-Valerie 6:30-Lift & Tone- Geri	9 9:15-Jamz-Petra 10:30-Sit & Fit- Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga- Maggie	10 9:15-20/20/20-Jennifer 10:30 Yoga/Pilates-Robin 5:30-PIYO-Alexis 6:30-Jamz- Petra	11 9:15-Lift & Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann	12 9-Ripped- Alexis 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie
14 9:15-Turbo Kick- Ali 10:25-Resist-a-ball- Suz 11:35-Sit & Fit-Marcella 5:30-Insanity- Lisa 6:30-Barre-Amanda	15 9:15-Lift & Tone- Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone- Nell	16 9:15-Jamz-Petra 10:30-Sit & Fit- Jo Ann 5:30-CT/ABS- Geri 6:30-Easy Yoga- Maggie	17 9:15-20/20/20- Terry 10:30 Yoga-Maggie 5:30- No Class 6:30-Jamz- Petra	18 9:15-Lift & Tone-Jennifer 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie	19 9-Turbo Kick- Lisa 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
21 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:30-Barre-Amanda	22 9:15-Lift & Tone- Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone- Krista	23 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-CT/ABS- Geri 6:30-Easy Yoga- Tina	24 9:15-20/20/20- Jennifer 10:30-Yoga-Maggie 5:30-PIYO- Lisa 6:30-Jamz- Petra	25 9:15-Lift & Tone- Marcella 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Robin	26 9-Core De Force- Alexis 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
28 Happy Memorial Day!	29 9:15-Lift & Tone- Jennifer 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Jamz-Natalie 6:30-Lift & Tone- Krista	30 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-CT/ABS- Geri 6:30-Easy Yoga- Tina	31 9:15-20/20/20- Jo Ann 10:30-Yoga-Maggie 5:30-PIYO- Alexis 6:30-Jamz- Petra		