

June



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:15-Lift & Tone– Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit– Jo Ann	2 9-Turbo Kick– Ali 10:10-Yoga– Geri 11:20-Easy Yoga– Geri
4 9:15-ST/CT-Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Morgan	5 9:15-Lift & Tone–Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone– Geri	6 9:15-Jamz– Petra 10:30-Sit & Fit-Jo Ann 5:30-Tabata– Kelly S 6:30-Easy Yoga–Tina	7 9:15-20/20/20-Amy L 10:30 Yoga– Geri 5:30-PIYO– Lisa 6:30-Jamz– Petra	8 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit– Debbie	9 9-Jamz-Natalie 10:10-Yoga– Geri 11:20-Easy Yoga– Geri
11 9:15-Turbo Kick– Ali 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:30-Barre-Morgan	12 9:15-Lift & Tone– Dan 10:30-Yoga/Pilates-Robin 11:35-Chair Pilates-Suz 5:30–Jamz–Natalie 6:30-Lift & Tone-Valerie	13 9:15-Jamz– Petra 10:30-Sit & Fit-Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga– Maggie	14 9:15-20/20/20–Jennifer 10:30 Yoga– Maggie 5:30-PIYO-Stephanie 6:30-Jamz– Petra	15 9:15-Lift & Tone–Amy L 10:25-Mat Pilates-Suz 11:35-Sit & Fit– Robin	16 9-Insanity– Lisa 10:10-Yoga–Maggie 11:20-Easy Yoga–Maggie
18 9:15-ST/CT-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-Insanity–Lisa 6:30-Barre– Morgan	19 9:15-Lift & Tone–Marcella 10:30-Yoga–Maggie 11:35-Chair Pilates-Suz 5:30–Jamz–Natalie 6:30-Lift & Tone–Krista	20 9:15 Jamz–Petra 10:30-Sit & Fit-Jo Ann 5:30-Ripped-Krista 6:30-Easy Yoga– Maggie	21 9:15-20/20/20- Jo Ann 10:30-Yoga/Pilates-Robin 5:30-PIYO-Alexis 6:30-Jamz– Petra	22 9:15-Lift & Tone–Valerie 10:25-Bootcamp Pilates–Suz 11:35-Sit & Fit– Debbie	23 9-Resist-a-ball/CT- Amy L 10:10-Yoga– Tina 11:20-Easy Yoga– Tina
25 9:15-ST/CT-Terry 10:25-Resist-a-ball-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:30-Barre-Morgan	26 9:15-Lifr & Tone–Amy L 10:30-Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-Jamz– Natalie 6:30-Lift & Tone– Krista	27 9:15-Jamz– Petra 10:30-Sit & Fit–Kelly 5:30-CT/ABS– Geri 6:30-Easy Yoga– Tina	28 9:15-20/20/20-Marcella 10:30-Yoga-Maggie 5:30-PIYO-Stephanie 6:30-Jamz- Natalie	29 9:15-Lift & Tone- Marcella 10:25-Mat Pilates-Suz 11:35-Sit & Fit– Robin	30 9-Jamz– Petra 10:10-Yoga– Tina 11:20-Easy Yoga– Tina