

# September



## GROUP EX

859-426-7777 [www.silverlakefamily.com](http://www.silverlakefamily.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-Resist-a-Ball/CT-Molly 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
3 <b>9:15-PIYO-Ali HAPPY LABOR DAY!</b>	4 9:15-Lift & Tone- Amy L 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-20/20/20-Krista 6:30-Lift & Tone-Geri	5 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata-Kelly S 6:30-Easy Yoga- Maggie	6 9:15-20/20/20- Jennifer 10:30-Yoga- Maggie <b>5:30-Resist-a-Ball/CT-Geri</b> 6:30-JAMZ- Karen	7 9:15-Lift &Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Debbie	8 9-JAMZ- Petra 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
10 9:15-Ripped- Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:30-Barre- Sara	11 9:15-Lift & Tone-Marcella 10:30-Ball Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Tabata-Nell 6:30-Lift & Tone-Geri	12 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-Turbo Kick-Kelly S 6:30-Easy Yoga- Maggie	13 9:15-20/20/20- Jo Ann <b>10:30-Yoga/Pilates-Robin</b> 5:30-PIYO- Alexis 6:30-JAMZ- Petra	14 9:15-Lift & Tone- Ali 10:25-Resist-a-Ball-Suz 11:35-Sit & Fit- Jo Ann	15 9-Core De Force- Alexis 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
17 9:15-20/20/20- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS-Geri 6:30-Barre- Sara	18 9:15-Lift & Tone-Molly <b>10:30-Yoga/Pilates-Robin</b> 11:35-Chair Pilates-Suz 5:30-20/20/20-Krista 6:30-Lift & Tone- Nell	19 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga- Maggie	20 9:15-Tabata- Jennifer 10:30 Yoga-Maggie 5:30-PIYO-Stephanie 6:30-JAMZ- Petra	21 9:15-Lift & Tone-Terry 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Debbie	22 9-Tabata-Valerie 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
24 9:15-Turko Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Jo Ann 5:30-Core De Force-Alexis 6:30-Barre- Sara	25 9:15-Lifr & Tone- Dan 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone- Nell	26 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-Tabata-Kelly S 6:30-Easy Yoga- Maggie	27 9:15-20/20/20- Terry 10:30-Yoga-Maggie 5:30-PIYO- Alexis 6:30-JAMZ- Petra	28 9:15-Lift & Tone-Jennifer 10:15-Resist-a-Ball-Suz 11:35-Sit & Fit- Robin	29 9-Jamz- Karen 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie