

October



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Sara	2 9:15-Lifr & Tone-Amy L 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-20/20/20-Krista 6:30-Lift & Tone- Geri	3 9:15-20/20/20-Jennifer 10:30-Sit & Fit- Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga-Maggie	4 9:15-ST/CT-Terry 10:30-Yoga- Maggie 5:30-PIYO- Alexis 6:30-Jamz- Karen	5 9:15-Lift & Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Robin	6 9-Resist-a-Ball/CT-Molly 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
8 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-Sara	9 9:15-Lift & Tone-Jennifer 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Tabata- Nell 6:30-Lift & Tone-Geri	10 9:15-Jamz- Petra 10:30-Sit & Fit-Kelly 5:30-CT/Abs- Geri 6:30-Easy Yoga- Geri	11 9:15-20/20/20- Jennifer 10:30 Yoga-Maggie 5:30-PIYO-Stephanie 6:30-Jamz- Petra	12 9:15-Lift &Tone-Marcella 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Debbie 6:15- Parent/Child-JAMZ- Petra	13 9-CT/Abs- Marcella 10:10- PIYO- Alexis
15 9:15-ST/CT-Amy L 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata-Alexis 6:30-Barre-Sara	16 9:15-Lift & Tone-Terry 10:30- Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone- Nell	17 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-CT/Abs- Geri 6:30-Easy Yoga- Maggie	18 9:15-ST/CT- Jo Ann 10:30 Yoga- Maggie 5:30-PIYO- Alexis 6:30-Jamz- Petra	19 9:15-Lift & Tone-Amy L 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child-Circuit Stations- Geri	20 9-Jamz- Petra 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
22 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Insanity- Lisa 6:30-Barre-Sara	23 9:15-Lift & Tone-Jennifer 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-20/20/20-Krista 6:30-Lift & Tone- Nell	24 9:15-Jamz- Petra 10:30-Sit & Fit-Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	25 9:15-20/20/20- Terry 10:30 Yoga-Maggie 5:30-PIYO- Lisa 6:30-Jamz- Petra	26 9:15-Lift & Tone- Ali 10:15-Mat Pilates-Suz 11:35-Sit & Fit- Debbie 6:15-Parent/Child-JAMZ- Karen	27 9-Turbo Kick- Ali 10:10-Yoga-Tina 11:20-Easy Yoga- Tina
29 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:30-Barre- Sara	30 9:15-Lift & Tone- Dan 10:30-Yoga-Maggie 11:35-Chair Pilates- Suz 5:30-CT/Abs- Geri 6:30-Lift & Tone-Krista	31 9:15-20/20/20-Amy L 10:30-Sit & Fit-Marcella Happy Halloween!			