

December



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-Turbo Kick– Lisa 10:10-Yoga– Geri 11:20-Easy Yoga– Geri
3 9:15-Turbo Kick– Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre–Sara	4 9:15-Lift & Tone–Jennifer 10:30-Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone-Geri	5 9:15-Jamz– Petra 10:30-Sit & Fit-Jo Ann 5:30-Turbo Kick-Kelly S 6:30-Easy Yoga– Tina	6 9:15-20/20/20– Terry 10:30 Yoga–Maggie 5:30-PIYO–Stephanie 6:30-Jamz– Petra	7 9:15-Lift &Tone– Ali 10:25-Resist-a-Ball-Suz 11:35-Sit & Fit– Jo Ann 6:15- Parent/Child-Easy Yoga– Tina	8 9-Tabata-Alexis 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-Core De Force-Alexis 6:30-Barre-Sara	11 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	12 9:15-Jamz– Petra 10:30-Sit & Fit– Jo Ann 5:30-Tabata-Kelly S 6:30-Easy Yoga– Maggie	13 9:15-ST/CT– Jennifer 10:30 Yoga/Pilates-Robin 5:30-PIYO– Stephanie 6:30-Jamz– Karen	14 9:15-Lift & Tone–Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit– Debbie 6:15-Parent/Child-Circuit Stations– Nell	15 9-Resist-a-Ball/CT-Molly 10:10-Yoga-Geri 11:20-Easy Yoga-Geri
17 9:15-Cross Train– Lisa 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-Core De Force-Alexis 6:30-Barre–Sara	18 9:15-Lift & Tone–Marcella 10:30-Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-CT/ABS– Geri 6:30-Lift & Tone– Nell	19 9:15-Jamz–Maria 10:30-Sit & Fit–Jo Ann 5:30-Tabata– Nell 6:30-Easy Yoga– Maggie	20 9:15-ST/CT–Terry 10:30-Yoga– Maggie 5:30-PIYO– Alexis 6:30-Jamz– Karen	21 9:15-lift & Tone-Terry 10:25-Resist-a-Ball-Suz 11:35-Sit & Fit– Robin 6:15-Parent/Child-JAMZ– Karen	22 9-Cardio Kick Box- Amy L 10:10-Yoga– Tina 11:20-Easy Yoga– Tina
24 9:15-Turbo Kick– Ali 31 9:15-Ripped– Alexis 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella	25 Merry Christmas!	26 9:15-Jamz– Brandy 10:30-Sit & Fit-Jo Ann 5:30-Tabata– Nell 6:30-Easy Yoga– Geri	27 9:15-ST/CT-Jo Ann 10:30 Yoga- Maggie 5:30-PIYO– Lisa 6:30-Jamz– Karen	28 9:15-Lift & Tone–Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit– Robin 6:15-Parent/Child-Easy Yoga– Geri	29 9-Jamz-Karen 10:10-Yoga-Maggie 11:20-Easy Yoga-Maggie