

January



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy New Year!	2 9:15-20/20/20-Amy L 10:30-Sit & Fit- Jo Ann 5:30-CT/ABS- Geri 6:30-Easy Yoga- Tina	3 9:15-ST/CT-Jennifer 10:30-Yoga- Maggie 5:30-PIYO- Alexis 6:30-Jamz- Karen	4 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child-Circuit Stations- Nell	5 9-Turbo Kick- Lisa 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
7 9:15-Tabata-Valerie 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:30-Barre-Sara	8 9:15-Lift & Tone- Dan 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Tabata- Nell 6:30-Lift & Tone-Geri	9 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	10 9:15-20/20/20- Terry 10:30 Yoga- Lisa 5:30-PIYO-Stephanie 6:30-Jamz- Petra	11 9:15-Lift &Tone-Terry 10:25-Resist-a-ball- Suz 11:35-Sit & Fit- Debbie 6:15- Parent/Child-JAMZ- Karen	12 9-Cardio Kick BX-Amy L 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
14 9:15-Ripped-Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core-De-Force--Alexis 6:30-Barre-Sara	15 9:15-Lift & Tone-Marcella 10:30- Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Tabata- Kelly S 6:30-Lift & Tone- Nell	16 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Turbo Kick- Kelly S 6:30-Easy Yoga- Maggie	17 9:15-ST/CT- Jennifer 10:30 Yoga- Maggie 5:30-PIYO- Lisa 6:30-Jamz- Petra	18 9:15-Lift & Tone-Valerie 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child-Easy Yoga- Tina	19 9-Tabata- Alexis 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
21 9:15-Turbo Kick- Lisa 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core-De-Force--Alexis 6:30-Barre-Sara	22 9:15-Lift & Tone- Terry 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-20/20/20-Krista 6:30-Lift & Tone- Nell	23 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-CT/ABS- Geri 6:30-Easy Yoga-Maggie	24 9:15-ST/CT- Jo Ann 10:30 Yoga-Maggie 5:30-NO PIYO Tonight 6:30-Jamz- Petra	25 9:15-Lift & Tone- Ali 10:15-Resist-a-ball- Suz 11:35-Sit & Fit- Debbie 6:15-Parent/Child-Circuits Stations- Geri	26 9-Jamz- Karen 10:10-Yoga-Tina 11:20-Easy Yoga- Tina
28 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS- Geri 6:30-Barre- Sara	29 9:15-Lift & Tone- Amy L 10:30-Yoga-Maggie 11:35-Chair Pilates- Suz 5:30-Ripped- Krista 6:30-Lift & Tone- Geri	30 9:15-Jamz- Petra 10:30-Sit & Fit-Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga- Maggie	31 9:15-ST/CT-Jennifer 10:30-Yoga-Valerie 5:30-PIYO-Stephanie 6:30-Jamz- Petra		