

February



GROUP EX

859-426-7777 www.silverlakefamily.com

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