

March



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:15-Lift & Tone–Amy L 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit– Jo Ann 6:15-Parent/Child-Easy Yoga– Tina	2 9-Tabata– Valerie 10:10-Yoga– Valerie No 11:20 Today
4 9:15-Ripped– Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-CT– Lisa 6:45-Barre–Valerie	5 9:15-Lift & Tone– Dan 10:30-Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-20/20/20- Krista 6:30-Lift & Tone-Geri	6 9:15-Jamz– Petra 10:30-Sit & Fit– Jo Ann 5:30-Tabata– Kelly S 6:30-Easy Yoga– Maggie	7 9:15-20/20/20–Jo Ann 10:30 Yoga/Pilates–Robin 5:30-PIYO–Stephanie 6:30-Jamz– Petra	8 9:15-Lift &Tone–Jennifer 10:25-Resist-a-ball- Suz 11:35-Sit & Fit– Debbie 6:15- Parent/Child-JAMZ– Karen	9 9-JAMZ– Petra 10:10–Yoga– Geri 11:20-Easy Yoga– Geri
11 9:15-Cardio Kick BX–Amy 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-Core De Force–Alexis 6:45-Barre– Morgan	12 9:15-Lift & Tone–Valerie 10:30- Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-20/20/20– Krista 6:30-Lift & Tone– Geri	13 9:15-Jamz– Petra 10:30-Sit & Fit– Kelly 5:30-Tabata– Kelly S 6:30-Easy Yoga– Valerie	14 9:15-20/20/20– Molly 10:30 Yoga– Maggie 5:30-PIYO– Alexis 6:30-Jamz– Petra	15 9:15-Lift &Tone–Marcella 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit– Jo Ann 6:15-Parent/Child-Easy Yoga– Geri	16 9-Cardio Kick BX- Amy L 10:10-Yoga– Maggie 11:20-Easy Yoga-Maggie
18 9:15-Turbo Kick– Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-Ripped– Alexis 6:45-Barre– Valerie	19 9:15-Lift & Tone–Jennifer 10:30-Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-Tabata– Nell 6:30-Lift & Tone– Krista	20 9:15-Jamz– Petra 10:30-Sit & Fit– Kelly 5:30-Turbo Kick– 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-Circuit Stations– Nell	23 9-JAMZ– Karen 10:10-Yoga–Geri 11:20-Easy Yoga– Geri
25 9:15-ST/CT– Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit– Kelly 5:30-Core De Force–Alexis 6:45-Barre– Morgan	26 9:15-Lift & Tone–Marcella 10:30-Yoga-Maggie 11:35-Chair Pilates- Suz 5:30-Tabata– Valerie 6:30-Lift & Tone– Nell	27 9:15-Jamz– Petra 10:30-Sit & Fit–Jo Ann 5:30-Turbo Kick– Kelly S 6:30-Easy Yoga– Geri	28 9:15-20/20/20– Terry 10:30-Yoga– Valerie 5:30-PIYO–Alexis 6:30-Jamz– Karen	29 9:15-Lift & Tone-Dan 10:25-Bootcamo Pilates–Suz 11:35 Sit & Be Fit– Robin 6:15 Parent/Child-JAMZ– Karen	30 9-Resist-a-Ball/CT– Molly 10:10-Yoga– Tina 11:20-Easy Yoga– Tina -