

# September



BETTER BODIES™

## GROUP EX

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| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|---|--|---|--|--|
| 1<br>9:05-Jamz- Karen<br>10:05-Easy Yoga-<br>Valerie               | 2<br><b>9-Ripped- Alexis</b><br><br><b>Happy Labor Day!</b>   | 3<br>9-Cardio Barre-Jennifer<br>4:40-PIYO-Stephanie<br>5:45-Turbo Kick- Lisa  | 4<br>6-Tabata- Alexis<br>9-Mat Pilates- Jamie<br>10:10-CT/Abs- Lisa<br>6:30-Kick Azz- Krista         | 5<br>9-Jamz- Brandy<br>10:10-Kick Azz- Molly<br>4:40-Kick BX/Strength-<br>Nell<br>5:45-Yoga- Tina<br>7:00-Cage Fitness-<br>Shannon  | 6<br>9-ST/CT-Jennifer<br>10:10-Stretch/<br>Strengthen- Dee   | 7<br>7:55-20/20/20- Lisa<br>9-Jamz- Helen<br>10:05-Kick Azz- Krista    |
| 8<br>9:05-20/20/20- Molly<br>10:05-Easy Yoga-<br>Maggie            | 9<br>9-BOSU/CT-Molly<br>10:10-BS/Abs-Valerie<br>4:40-Turbo Kick- Lisa<br>5:45-Yoga- Tina<br>6:50-Jamz- Karen  | 10<br>9-Cardio Pump- Terry<br>4:40-PIYO-Stephanie<br>5:45-Kick Box- Nell<br><br><b>6:50-Adult Beg. Ballet-<br/>Morgan</b>           | 11<br>6-CT/Abs- Nell<br>9-Yoga/Pilates-Valerie<br>10:10-20/20/20-<br>Jo Ann<br>6:30-Kick Azz- Krista | 12<br>9-Jamz- Brandy<br>10:10-Kick Azz- Molly<br>4:40-Tabata- Nell<br>5:45-Yoga- Tina<br>7:00-Cage Fitness-<br>Shannon              | 13<br>9-ST/CT- Terry<br>10:10-Barre- Sara                    | 14<br>7:55-20/20/20- Molly<br>9-Ripped- Alexis<br>10:05-Kick Azz- Nell |
| 15<br>9:05-Turbo Kick- Lisa<br>10:05-Easy Yoga-<br>Maggie          | 16<br>9-BOSU/CT- Ali<br>10:10-BS/Abs-Marcella<br>4:40-ST/CT- Terry<br>5:45-Yoga- Geri<br>6:50-Jamz- Karen     | 17<br>9-Cardio Barre-<br>Jennifer<br>4:40-PIYO- Lisa<br>5:45-Turbo Kick-Kelly S<br><br><b>6:50-Adult Beg. Ballet-<br/>Morgan</b>    | 18<br>6-Ripped-Alexis<br>9-Mat Pilates- Jamie<br>10:10-20/20/20- Lisa<br>6:30-Kick Azz- Krista       | 19<br>9-Jamz- Brandy<br>10:10-Kick Azz- Terry<br>4:40-Kick BX/Strength-<br>Nell<br>5:45-Yoga- Tina<br>7:00-Cage Fitness-<br>Shannon | 20<br>9-ST/CT- Jennifer<br>10:10-Stretch/<br>Strengthen- Dee | 21<br>7:55-20/20/20-Molly<br>9-Jamz- Helen<br>10:05-Kick Azz- Dan      |
| 22<br>9:05-Tabata- Molly<br>10:05-Easy Yoga-<br>Maggie             | 23<br>9-BOSU/CT-Jo Ann<br>10:10-BS/Abs- Ali<br>4:40-CT/Abs- Valerie<br>5: 45-Yoga- Geri<br>6:50-Jamz- Karen   | 24<br>9-Cardio Pump- Terry<br>4:40-PIYO-Stephanie<br>5:45-Core De Force-<br>Krista<br><br><b>6:50-Adult Beg. Ballet-<br/>Morgan</b> | 25<br>6-Tabata- Nell<br>9-Mat Pilates- Jamie<br>10:10-Tabata- Jennifer<br>6:30-Kick Azz- Krista      | 26<br>9-Jamz- Brandy<br>10:10-Kick AZZ-Marcella<br>4:40-CT/Abs- Nell<br>5:45-Yoga- Tina<br>7:00-Cage Fitness-<br>Shannon            | 27<br>9-ST/CT- Terry<br>10:10-Barre- Morgan                  | 28<br>7:55-20/20/20- Lisa<br>9-Tabata- Molly<br>10:05-Kick Azz- Dan    |
| 29<br>9:05-Core-De-Force-<br>Alexis<br>10:05-Easy Yoga-<br>Valerie | 30<br>9-BOSU/CT- Molly<br>10:10-BS/Abs- Terry<br>4:40-Turbo Kick- Lisa<br>5:45-Yoga- Geri<br>6:50-Jamz- Karen |   |  |   |  |  |