

September



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Happy Labor Day!	3 9:15-Lift & Tone–Marcella 10:30-Yoga-Valerie 11:35-Chair Pilates- Suz 5:30-Kick BX/Strength- Nell 6:30-Lift & Tone– Geri	4 9:15-Jamz– Brandy 10:30-Sit & Fit– Kelly 5:30-CT/ABS– Geri 6:30-Easy Yoga– Tina	5 9:15-20/20/20– Terry 10:30-Yoga– Maggie 5:30-PIYO–Stephanie 6:30-Jamz– Helen	6 9:15-Lift & Tone–Dan 10:25-Bootcamp Pilates- Suz 11:35-Sit & Fit– Jo Ann	7 9-Resist-a-ball/CT– Molly 10:15-Easy Yoga–Maggie
9 9:15-Turbo Kick– Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-CT/Abs– Geri 6:30-Barre–Sara	10 9:15-Lift & Tone–Marcella 10:30-Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-Core De Force-Krista 6:30-Lift & Tone-Geri	11 9:15-Jamz– Brandy 10:30-Sit & Fit– Kelly 5:30-Tabata– Kelly S 6:30-Easy Yoga–Maggie	12 9:15-20/20/20– Terry 10:30 Yoga– Maggie 5:30-PIYO–Stephanie 6:30-Jamz– Helen	13 9:15-Lift &Tone–Ali 10:25-Resist-a-ball- Suz 11:35-Sit & Fit– Debbie	14 9-Jamz– Karen 10:15-Easy Yoga– Valerie
16 9:15-Tabata– Molly 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-Ripped--Alexis 6:30-Barre–Sara	17 9:15-Lift & Tone–Terry 10:30- Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-Core De Force-Krista 6:30-Lift & Tone– Nell	18 9:15-Jamz– Brandy 10:30-Sit & Fit– Robin 5:30-Tabata– Kelly S 6:30-Easy Yoga– Tina	19 9:15-ST/CT– Jo Ann 10:30 Yoga– Maggie 5:30-PIYO– Stephanie 6:30-Jamz– Helen	20 9:15-Lift & Tone–Valerie 10:25-Bootcamp Pilates- Suz 11:35-Sit & Fit– Jo Ann	21 9-Tabata/Lift– Alexis 10:15-Easy Yoga–Maggie
23 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	24 9:15-Lift & Tone–Jennifer 10:30-Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-CT/Abs– Nell 6:30-Lift & Tone– Geri	25 9:15-Jamz– Brandy 10:30-Sit & Fit– Kelly 5:30-Tabata– Kelly S 6:30-Easy Yoga–Maggie	26 9:15-ST/CT– Jo Ann 10:30 Yoga–Maggie 5:30-PIYO– Lisa 6:30-Jamz– Helen	27 9:15-Lift & Tone– Molly 10:25-Resist-a-ball- Suz 11:35-Sit & Fit– Robin	28 9-Jamz– Karen 10:15-Easy Yoga–Maggie
30 9:15-Turbo Kick– Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-Ripped– Alexis 6:30-Barre– Sara					