

March



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:15-Tabata/Lift- Molly 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS- Geri 6:30-Barre-Sara	3 9:15-Lift & Tone-Marcella 10:30-Yoga- Maggie 11:35-Chair Pilates- Suz 5:30-Ripped- Krista 6:30-Lift & Tone- Karen	4 9:15-Jamz- Brandy 10:30-Sit & Fit- Kelly 5:30-Turbo Kick- Kelly S 6:30-Easy Yoga- Geri	5 9:15-Resist-a-Ball/CT- Jo Ann 10:30-Yoga- Maggie 5:30-No PIYO Tonight 6:30-Jamz- Helen	6 9:15-Lift & Tone- Dan 10:25-Bootcamp Pilates -Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child- JAMZ- Brandy	7 9-Jamz- Brandy 10:15-Easy Yoga- Geri
9 9:15-ST/CT- Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped- Alexis 6:30-Barre-Sara	10 9:15-Lift & Tone-Jennifer 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- Diane	12 9:15-ST/Pilates-Jennifer 10:30 Yoga- Maggie 5:30-PIYO- Stephanie 6:30-Jamz- Helen	13 9:15-Lift &Tone- Molly 10:25-Resist-a-ball- Suz 11:35-Sit & Fit- JEN 6:15-Parent/Child- JAMZ- Brandy	14 9-Turbo Kick- Lisa 10:15-Easy Yoga- Geri
16 9:15-20/20/20- Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-- Alexis 6:30-Barre-Sara	17 9:15-Lift & Tone-Jennifer 10:30- Yoga- Valerie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone- Karen	18 9:15-Jamz- Brandy 10:30-Sit & Fit- Kelly 5:30-Tabata- Kelly S 6:30-Easy Yoga- Maggie	19 9:15-Tabata- Molly 10:30 Yoga- Maggie 5:30-PIYO- Alexis 6:30-Jamz- Helen	20 9:15-Lift & Tone- Dan 10:25-Bootcamp Pilates -Suz 11:35-Sit & Fit- Jo Ann 6:15-Parent/Child- Easy Yoga- Geri	21 9-Resist-a-Ball/CT- Molly 10:15-Easy Yoga- Diane
23 9:15-20/20/20- Molly 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS- Geri 6:30-Barre-Sara	24 9:15-Lift & Tone-Marcella 10:30-Yoga- Stephanie 11:35-Chair Pilates-Suz 5:30-Core De Force-Krista 6:30-Lift & Tone- Geri	25 9:15-Jamz- Brandy 10:30-Sit & Fit- Kelly 5:30-Turbo Kick- Kelly S 6:30-Easy Yoga- Diane	26 9:15-ST/Pilates-Jennifer 10:30 Yoga-Stephanie 5:30-PIYO- Alexis 6:30-Jamz- Helen	27 9:15-Lift & Tone- Jennifer 10:25-Resist-a-ball- Suz 11:35-Sit & Fit- JEN 6:15-Parent/Child- JAMZ- Karen	28 9-CT/ABS- Geri 10:15-Easy Yoga-Geri
30 9:15-Tabata-Valerie 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Jo Ann 5:30-Tabata- Alexis 6:30-Barre- Sara	31 9:15-Lift & Tone- Terry 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Ripped- Krista 6:30-Lift & Tone- Karen				