

SEPTEMBER SL

Group Ex

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Karen	2 10:30-Sit & Fit- JEN 5:30-Tabata- Nell 6:30-Easy Yoga- Diane	3 6:30-Jamz Plus- Helen	4 9:15-Lift & Tone- Nell 10:30-Sit & Fit-Marcella	5 9-Jamz- Brandy 10:15-Yoga- Geri
7 Happy Labor Day!	8 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Nell	9 10:30-Sit & Fit- JEN 5:30-CT/ABS- Geri 6:30-Easy Yoga- Geri	10 6:30-Jamz Plus- Helen	11 9:15-Lift & Tone- Jennifer 10:30-Sit & Fit-Jo Ann	12 9-Turbo Kick- Lisa 10:15-Yoga- Diane
14 9:15-20/20/20- Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella	15 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Geri	16 10:30-Sit & Fit- JEN 5:30-Tabata- Nell 6:30-Easy Yoga- Diane	17 6:30-Jamz Plus- Helen	18 9:15-Lift & Tone- Valerie 10:30-Sit & Fit- Jo Ann	19 9-Lift & Tone- Karen 10:15-Yoga-Geri
21 9:15-ST/CT- Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Marcella	22 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Karen	23 10:30-Sit & Fit- JEN 5:30-CT/ABS- Geri 6:30-Easy Yoga- Geri	24 6:30-Jamz Plus- Helen	25 9:15-Lift & Tone- Jennifer 10:30-Sit & Fit- Jo Ann	26 9-Jamz- Brandy 10:15-Yoga- Geri
28 9:15-20/20/20- Molly 10:25-Mat Pilates-Suz 11:35-Sit & Fit- Marcella	29 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Geri	30 10:30-Sit & Fit- JEN 5:30-Tabata- Nell 6:30-Easy Yoga- Diane			