

# APRIL



## GROUP EX

859-426-7777 [www.silverlakefamily.com](http://www.silverlakefamily.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:15-CT- Lisa 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis <b>6:45-Barre- Valerie</b>	2 9:15-Lift & Tone-Marcella 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-BOOTCAMP- Nell 6:30-Lift & Tone- Geri	3 9:15-Jamz- Brandy 10:30-Sit & Fit-Kelly 5:30-Tabata- Valerie 6:30-Easy Yoga- Valerie	4 9:15-20/20/20- Terry 10:30-Yoga- Maggie 5:30-PIYO-Stephanie 6:30-Jamz- Karen	5 9:15-Lift &Tone- Dan 10:25-Resist-a-ball- Suz 11:35-Sit & Fit- Robin	6 9-Resist-a-Ball/CT- Marcella 10:10-Yoga- Geri 11:20-Easy Yoga- Geri
8 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-CT/ABS- Geri <b>6:45-Barre- Stephanie</b>	9 9:15-Lift & Tone- Molly 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Core De Force- Krista 6:30-Lift & Tone- Nell	10 9:15-Jamz- Petra 10:30-Sit & Fit- Kelly 5:30-CT/ABS- Geri 6:30-Easy Yoga- Maggie	11 9:15-20/20/20-Jo Ann <b>10:30 Yoga/Pilates-Robin</b> 5:30-PIYO-Alexis 6:30-Jamz- Petra	12 9:15-Lift &Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit- Jo Ann	13 9-Tabata/Lift- Alexis 10:10-Yoga- Maggie 11:20-Easy Yoga-Maggie
15 9:15-ST/CT-Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis <b>6:45-Barre- Stephanie</b>	16 9:15-Lift & Tone-Marcella 10:30- Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-Ripped- Krista 6:30-Lift & Tone- Nell	17 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga- Maggie	18 9:15-20/20/20- Terry 10:30 Yoga- Valerie 5:30-PIYO- Stephanie 6:30-Jamz- Petra	19 9:15-Lift & Tone- Valerie 10:15-Resist-a-ball- Suz 11:35-Sit & Fit- Debbie	20 9-CT- Dan 10:10-Yoga- Tina 11:20-Easy Yoga- Tina
22 9:15-Turbo Kick- Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped- Alexis <b>6:45-Barre- Morgan</b>	23 9:15-Lift & Tone-Valerie 10:30-Yoga- Maggie 11:35-Chair Pilates-Suz 5:30-BOOTCAMP- Nell 6:30-Lift & Tone- Geri	24 9:15-Jamz- Petra 10:30-Sit & Fit- Jo Ann 5:30-Tabata- Kelly S 6:30-Easy Yoga- Tina	25 9:15-20/20/20- Jo Ann 10:30 Yoga- Valerie 5:30-PIYO- Alexis 6:30-Jamz- Petra	26 9:15-Lift & Tone- Terry 10:25-Bootcamo Pilates-Suz 11:35 Sit & Be Fit- Robin	27 9-JAMZ- Karen 10:10-Yoga-Geri 11:20-Easy Yoga- Geri
29 9:15-ST/CT- Terry 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Tabata- Valerie <b>6:45-Barre- Valerie</b>	30 9:15-Lift & Tone-Jennifer 10:30-Yoga- Valerie 11:35-Chair Pilates- Suz 5:30-Core De Force-Krista 6:30-Lift & Tone- Nell				