

June



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-Kick BX/Strength– Nell 10:10-Yoga– Geri 11:20-Easy Yoga– Geri
3 9:15-tabata– Valerie 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Core De Force-Alexis 6:45-Barre-Morgan	4 9:15-Lift & Tone–Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30-Ripped-Krista 6:30-Lift & Tone– Geri	5 9:15-Jamz– Petra 10:30-Sit & Fit-Jo Ann 5:30-CT/ABS– Geri 6:30-Easy Yoga–Maggie	6 9:15-20/20/20– Terry 10:30 Yoga– Valerie 5:30-PIYO– Stephanie 6:30-Jamz– Karen	7 9:15-Lift & Tone-Jennifer 10:25-Bootcamp Pilates-Suz 11:35-Sit & Fit– Debbie	8 Going away Party for Petra. Join the fun! 9-Jamz– Petra 10:10-Yoga– Tina 11:20-Easy Yoga– Tina
10 9:15-Turbo Kick– Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit– Kelly 5:30-CT/ABS– Geri 6:45-Barre-Morgan	11 9:15-Lift & Tone– Molly 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30–BOOTCAMP– Nell 6:30-Lift & Tone– Krista	12 9:15-Jamz– Petra 10:30-Sit & Fit– Robin 5:30-Core De Force– Krista 6:30-Easy Yoga– Tina	13 9:15-20/20/20–Jo Ann 10:30-yoga/Pilates-Robin 5:30-PIYO-Stephanie 6:30-Jamz– Karen	14 9:15-Lift & Tone– Dan 10:25-Mat Pilates-Suz 11:35-Sit & Fit– Jo Ann	15 9-Tabata– Valerie 10:10-Yoga– Geri 11:20-Easy Yoga– Geri
17 9:15-ST/CT– Jo Ann 10:25-Mat Pilates-Suz 11:35-Sit & Fit–Marcella 5:30-Core De Force– Alexis 6:45-Barre– Morgan	18 9:15-Lift & Tone–Terry 10:30-Yoga-Maggie 11:35-Chair Pilates-Suz 5:30–Ripped– Krista 6:30-Lift & Tone– Nell	19 9:15 Jamz–Petra 10:30-Sit & Fit– Kelly 5:30-Tabata– Kelly S 6:30-Easy Yoga– Maggie	20 9:15-20/20/20- Jo Ann 10:30-Yoga/Pilates-Robin 5:30-PIYO– Stephanie 6:30-Jamz– Petra	21 9:15-Lift & Tone–Jennifer 10:25-Bootcamp Pilates– Suz 11:35-Sit & Fit– Robin	22 9-Tabata/Lift-Alexis No Yoga Today
24 9:15-Turbo Kick– Ali 10:25-Mat Pilates-Suz 11:35-Sit & Fit-Marcella 5:30-Ripped-Alexis 6:45-Barre– Sara	25 9:15-Lift & Tone–Marcella 10:30-Yoga– Maggie 11:35-Chair Pilates-Suz 5:30-Tabata– Nell 6:30-Lift & Tone– Nell	26 9:15-Jamz– Petra 10:30-Sit & Fit–Kelly 5:30-Kick BX/Strength– Nell 6:30-Easy Yoga– Tina	27 9:15-20/20/20-Jennifer 10:30-Yoga-Maggie 5:30-PIYO– Alexis 6:30-Jamz- Karen	28 9:15-Lift & Tone-Valerie 10:25-Mat Pilates-Suz 11:35-Sit & Fit– Debbie	29 9-CT/ABS– Dan 10:10-Yoga– Maggie 11:20-Easy Yoga– Maggie