

ZUMBA!! IT'S FUN, DIFFERENT AND EFFECTIVE USING A FUSION OF HIGH ENERGY LATIN & INTERNATIONAL MUSIC WITH EASY TO FOLLOW DANCE STEPS AND BODY SCULPTING MOVEMENTS. CHECK SCHEDULE FOR ZUMBA CLASS TIMES!

Silverlake, The Family Place  
426-7777 [www.silverlakefamily.com](http://www.silverlakefamily.com)

MAY 2008  
GROUP EXERCISE

S	M	T	W	T	F	S
				1 9:15 The Mix-Jennifer 10:30 Resist-a-ball/BS-Valerie 5:30 YOGA-Gloria 6:30 ZUMBA-Julie H	2 9:15 Lift & Tone-Stacy 10:30 Mat Pilates-Suzanne 11:35 SIT & BE FIT-Marcella 6:00 Parent/Child class-ZUMBA-Julie H	3 9:00 20/20/20-Lisa 10:10 YOGA-Geri 11:20 EASY YOGA
4 9:30 ZUMBA-Chet 10:40 Mat Pilates-Katie	5 8:30 Lift & Tone-Terry 9:30 The Mix-Jo Ann 10:30 Mat Pilates-Suzanne 5:30 ST&BS-Shawn 6:30 Mat Pilates-Katie	6 9:15 Lift & Tone-Valerie 10:30 YOGA-Geri 11:35 BEG. T'AI CHI 5:30 ZUMBA-Chet 6:30 Lift & Tone-Lisa	7 9:15 20/20/20-Amy L 10:30 SIT & BE FIT-Kelly 5:30 Kick BX/CT-Alicia 6:30 EASY YOGA-Katie	8 9:15 ZUMBA-Marcella 10:30 Resist-a-ball/BS-Jo Ann 5:30 YOGA-Angella 6:30 ZUMBA-Molly	9 9:15 Lift & Tone-Lisa 10:30 Mat Pilates-Suzanne 11:35 SIT & BE FIT-Marcella 6:00 Parent/Child class-Kick BX-Molly	10 9:00 ZUMBA-Amy L 10:10 YOGA-Angella 11:20 EASY YOGA
11 9:30 20/20/20-Kelly  MOTHER'S DAY! (one class only)	12 8:30 Lift & Tone-Robin 9:30 The Mix-Julie A 10:30 Resist-a-ball-Suzanne 5:30 ST&Kick BX-Susan 6:30 Mat Pilates-Katie	13 9:15 Lift & Tone-Kelly 10:30 YOGA-Angella 11:35 BEG. T'AI CHI 5:30 ZUMBA-Molly 6:30 Lift & Tone-Shawn	14 9:15 ZUMBA-Amy L 10:30 SIT & BE FIT-Kelly 5:30 Lift & Tone-Geri 6:30 EASY YOGA-Geri	15 9:15 Kick BX/ST-Valerie 10:30 Resist-a-ball/BS-Kelly 5:30 YOGA-Angella 6:30 ZUMBA-Marcella	16 9:15 Lift & Tone-Terry 10:30 Mat Pilates-Suzanne 11:35 SIT & BE FIT-Marcella 6:00 Parent/Child class-YOGA with the ball-Katie	17 9:00 The Mix-Angela 10:10 YOGA-Katie 11:20 EASY YOGA
18 9:30 ZUMBA-Marcella 10:40 YOGA-Geri	19 8:30 Lift & Tone-Lisa 9:30 20/20/20-Valerie 10:30 Mat Pilates-Suzanne 5:30 ST&BS-Shawn 6:30 Mat Pilates-Katie	20 9:15 Lift & Tone-Amy L 10:30 YOGA-Geri 11:35 BEG. T'AI CHI 5:30 ZUMBA-Marcella 6:30 Lift & Tone-Shawn	21 9:15 The Mix-Terry 10:30 SIT & BE FIT-Kelly 5:30 Kick BX/CT-Alicia 6:30 EASY YOGA-Katie	22 9:15 ZUMBA-Chet 10:30 Resist-a-ball/BS-Kelly 5:30 YOGA-Gloria 6:30 ZUMBA-Molly	23 9:15 Lift & Tone-Dee 10:30 Mat Pilates-Suzanne 11:35 SIT & BE FIT-Marcella 6:00 Parent/Child class-Resist-a-ball-Kelly	24 9:00 ZUMBA-Marcella 10:10 YOGA-Geri 11:20 EASY YOGA
25 9:30 Lift & Tone-Alicia 10:40 Mat Pilates-Katie	26 9:00 ZUMBA-Amy L 10:10 YOGA-Katie  MEMORIAL DAY!	27 9:15 Lift & Tone-Jennifer 10:30 YOGA-Angella 11:35 BEG. T'AI CHI 5:30 ZUMBA-Marcella 6:30 Lift & Tone-Chet	28 9:15 ZUMBA-Julie H 10:30 SIT & BE FIT-Kelly 5:30 Lift & Tone-Geri 6:30 EASY YOGA-Geri	29 9:15 ST&BS-Jo Ann 10:30 Resist-a-ball/BS-Dee 5:30 YOGA-Kathryn 6:30 ZUMBA-Julie H	30 9:15 Lift & Tone-Amy L 10:30 Mat Pilates-Suzanne 11:35 SIT & BE FIT-Alicia	31 9:00 The Mix-Amy L 10:10 YOGA-Geri 11:20 EASY YOGA