

# November



## GROUP EX

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:15-20/20/20– Molly 10:25-Mat Pilates–Suz 11:35-Sit & Fit–Marcella	3 11:35-Chair Pilates–Suz 6:30-Lift & Tone– Karen	4 10:30-Sit & Fit– JEN 5:30-Tabata– Nell 6:30-Easy Yoga– Diane	5 6:30-Jamz Plus– Helen	6 9:15-Lift & Tone– Molly 10:30-Sit & Fit–Jo Ann	7 9-Jamz– Brandy 10:15-Yoga– Geri
9 9:15-Tabata– Jennifer 10:25-Mat Pilates–Suz 11:35-Sit & Fit–Marcella	10 11:35-Chair Pilates–Suz 6:30-Lift & Tone– Karen	11 10:30-Sit & Fit– JEN 5:30-CT/ABS– Geri 6:30-Easy Yoga– Geri	12 6:30-Jamz Plus– Helen	13 9:15-Lift & Tone– Valerie 10:30-Sit & Fit–Jo Ann	14 9-Ripped– Krista 10:15-Yoga– Diane
16 9:15-Tabata– Stephanie 10:25-Mat Pilates–Suz 11:35-Sit & Fit– Jo Ann	17 11:35-Chair Pilates–Suz 6:30-Lift & Tone– Karen	18 10:30-Sit & Fit– JEN 5:30-Tabata– Nell 6:30-Easy Yoga– Diane	19 6:30-Jamz Plus– Helen	20 9:15-Lift & Tone– Marcella 10:30-Sit & Fit– Marcella	21 9-Jamz– Brandy 10:15-Yoga–Geri
23 9:15-20/20/20– Terry 10:25-Mat Pilates–Suz 11:35-Sit & Fit–Marcella	24 11:35-Chair Pilates–Suz 6:30-Lift & Tone– Geri	25 10:30-Sit & Fit– JEN	26 <b>Happy Thanksgiving!</b>	27 <b>Let Your Fingers Do The Shopping!</b>	28 9-Lift & Tone– Karen 10:15-Yoga– Geri
30 9:15-Tabata– Valerie 10:25-Mat Pilates–Suz 11:35-Sit & Fit–Marcella					