

January



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HAPPY NEW YEAR!	2 10:15-Yoga- Diane
4 11:35-Sit & Fit-Marcella	5 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Geri	6 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Diane	7 6:30-Jamz Plus- Helen	8 9:15-Lift & Tone- Nell 10:30-Sit & Fit-Jo Ann	9 10:15-Yoga- Geri
11 11:35-Sit & Fit-Marcella	12 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Karen	13 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Geri	14 6:30-Jamz Plus- Helen	15 9:15-Lift & Tone- Nell 10:30-Sit & Fit- Jo Ann	16 10:15-Yoga-Diane
18 11:35-Sit & Fit- Marcella	19 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Geri	20 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Diane	21 6:30-Jamz Plus- Helen	22 9:15-Lift & Tone- Nell 10:30-Sit & Fit- Jo Ann	23 10:15-Yoga- Geri
25 11:35-Sit & Fit-Jo Ann	26 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Karen	27 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Geri	28 6:30-Jamz Plus- Helen	29 9:15-Lift & Tone- Jennifer 10:30-Sit & Fit- Debbie	30 10:15-Yoga- Geri