

May



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 11:35-Sit & Fit-Marcella	4 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Karen	5 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Geri	6 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	7 9:15-Lift & Tone- Valerie 10:30-Sit & Fit- Jo Ann	1st & 8th 1st 10:15-Yoga- Geri 8th 10:15-Yoga-Diane
10 11:35-Sit & Fit-Marcella	11 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Geri	12 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Diane	13 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	14 9:15-Lift & Tone- Nell 10:30-Sit & Fit- Jo Ann	15 10:15-Yoga-Diane
17 11:35-Sit & Fit-Marcella	18 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Geri	19 10:30-Sit & Fit- Debbie 6:30-Easy Yoga- Diane	20 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	21 9:15-Lift & Tone- Valerie 10:30-Sit & Fit- Jo Ann	22 10:15-Yoga- Geri
24 11:35-Sit & Fit-Marcella	25 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Karen	26 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Diane	27 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	28 9:15-Lift & Tone- Nell 10:30-Sit & Fit- JEN	29 10:15-Yoga- Erin Welcome Erin!
31 HAPPY MEMORIAL DAY!					