

July



GROUP EX

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	2 9:15-Lift & Tone- Nell 10:30-Sit & Fit- Jo Ann	3 10:15-Yoga- Erin
5 11:35-Sit & Fit-Marcella	6 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Geri	7 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Diane	8 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	9 9:15-Lift & Tone- Nell 10:30-Sit & Fit- Jo Ann	10 10:15-Yoga-Geri
12 11:35-Sit & Fit-Marcella	13 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Geri	14 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Diane	15 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	16 9:15-Lift & Tone-Valerie 10:30-Sit & Fit- Jo Ann	17 10:15-Yoga- Geri
19 11:35-Sit & Fit-Marcella	20 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Karen	21 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Erin	22 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	23 9:15-Lift & Tone- Geri 10:30-Sit & Fit- Jo Ann	24 10:15-Yoga- Diane
26 11:35-Sit & Fit-Marcella	27 11:35-Chair Pilates-Suz 6:30-Lift & Tone- Karen	28 10:30-Sit & Fit- JEN 6:30-Easy Yoga- Diane	29 10:30-Line Dancing- Holly 6:30-Jamz Plus- Helen	30 9:15-Lift & Tone- Nell 10:30-Sit & Fit- JEN	31 10:15-Yoga- Geri