

Silverlake Group Exercise / Aqua

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Aqua Spin Shallow		8:00am Aqua Spin Shallow		8:00am Aqua Spin Shallow	
8:30am h2o Therapy Warm	8:30am h2o Therapy Warm	8:30am h2o Therapy Warm	8:30am h2o Therapy Warm	8:30am h2o Therapy Warm	8:30am Intense Cardio Shallow
9:00am Liquid Cardio Deep		9:00am Liquid Cardio Deep		9:00am Liquid Cardio Deep	9:00am Zumba / Jamz Group EX
	9:15am Lift & Tone Group EX	9:15am Easy Yoga Group EX	9:15am CT / Abs Group EX	9:15am Lift & Tone Group EX	
9:30am Sit & Fit Group EX	9:30am Intense Cardio Shallow		9:30am Intense Cardio Shallow		
	10:30am Chair Pilates Group EX	10:00am Aqua Jamz Shallow	10:30am h2o Therapy Warm	10:00am Yoga & Stretch Shallow	10:15am Yoga Group EX
10:30am Sit & Fit Group EX	10:30am h2o Therapy Warm	10:30am Sit & Fit Group EX	10:30am Line Dancing Group EX	10:30am Sit & Fit Group EX	
			11:30am Chair Pilates Group EX		
	4:15pm Intense Cardio Shallow		4:15pm Intense Cardio Shallow		
5:30pm Intense Cardio Shallow		5:30pm Abs & Buns Shallow			
	6:00pm Lift & Tone Group EX		6:00pm Zumba / Jamz Group EX		
		6:30pm Easy Yoga Group EX			