

November



Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
8-Aqua Spin- MD 8:30-H2Otherapy-DAN 9-Liquid Cardio- MD 10-Circuits- DAN 5:30-Intense Cardio- KB 6:30-Aqua Spin- KB 7-Liquid Cardio- LC	8:30-H2Otherapy- MD 9:30-Intense Cardio- MD 10:30-H2Otherapy- DAN 10:30-Aqua Spin- KB 4:15-Intense Cardio-KB	8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns- LC 6:30-Aqua Spin- LC	8:30-H2Otherapy- MK 9:30-Intense Cardio-MK 10:30-H2Otherapy- KB	8-Aqua Spin- KB 8:30-H2Otherapy- MD 9-Liquid Cardio- KB 10-Yoga/ Stretch- MD	9-Intense Cardio- JEN
9	10	11	12	13	14
8-Aqua Spin- MD 8:30-H2Otherapy- JEN 9-Liquid Cardio- MD 10-Pilates- JEN 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM 7-Liquid Cardio- LC	8:30-H2Otherapy- MD 9:30-Intense Cardio- MM 10:30-H2Otherapy- MK 10:30-Aqua Tri- MM 4:15-Intense Cardio- KB	8-Aqua Spin- MK 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns- MM 6:30-Aqua Tri- MM	8:30-H2Otherapy- MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KB	8-Aqua Spin- MM 8:30-H2Otherapy- MK 9-Liquid Cardio- MM 10-Yoga/Stretch- MM	9-Intense Cardio- JEN
16	17	18	19	20	21
8-Aqua Spin- MD 8:30-H2Otherapy-JEN 9-Liquid Cardio- MD 10-Circuits- JEN 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM 7-Liquid Cardio- LC	8:30-H2Otherapy- MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK 10:30-Aqua Tri- MM 4:15-Intense Cardio-KB	8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns-MM 6:30-Aqua Tri- MM	8:30H2Otherapy- MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM	8-Aqua Spin- KB 8:30-H2Otherapy- MD 9-Liquid Cardio- KB 10-Yoga/Stretch- MD	9-Intense Cardio- JEN
23	24	25	26	27	28
8-Aqua Spin- MD 8:30-H2Otherapy- MK 9-Liquid Cardio-MD 10-Pilates- MD 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- LC	8:30-H2Otherapy- MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- DAN 10:30-Aqua Tri- MM 4:15-Intense Cardio-KB	8-Aqua Spin- DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK	Happy Thanksgiving!	Enjoy Your Day!	9-Intense Cardio- JEN
30					
8-Aqua Spin-MD 8:30-H2Otherapy- DAN 9-Liquid Cardio-MD 10-Circuits- DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- KB					-Water shoes highly recommended for classes