

May



Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	1st & 8th
8-Aqua Spin- DAN 8:30- H2Otherapy-DP 9- Liquid Cardio- DAN 5:30-Intense Cardio- MM 6:30- Aqua Spin- MM	8:30-H2Otherapy- MM 9:30-Intense Cardio- MM 10:30- H2Otherapy- DAN 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 Spin- MM	8:30-H2Otherapy- MK 9:30-Intense Cardio- KB 10:30-H2Otherapy -KB	8-Aqua Spin- MD 8:30-H2Otherapy- LC 9-Liquid Cardio- MD 10-Yoga/Stretch- MD	8:30-Intense Cardio- JEN
10	11	12	13	14	15
8-Aqua Spin- KB 8:30- H2Otherapy-DP 9-Liquid Cardio- KB 5:30-Intense Cardio-MM 6:30- Aqua Spin- MM	8:30-H2Otherapy- MM 9:30-Intense Cardio- MM 10:30- H2Otherapy- JEN 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 Spin- MM	8:30-H2Otherapy- JEN 9:30-Intense Cardio- MM 10:30- H2Otherapy-MM	8-Aqua Spin- MD 8:30-H2Otherapy- LC 9-Liquid Cardio- MD 10-Yoga/Stretch- MD	8:30-Intense Cardio- JEN
17	18	19	20	21	22
8-Aqua Spin- MD 8:30-H2Otherapy-DAN 9- Liquid Cardio- MD 5:30-Intense Cardio-MM 6:30- Aqua Spin- MM	8:30-H2Otherapy- MM 9:30-Intense Cardio- MM 10:30- H2Otherapy- DAN 4:15-Intense Cardio- LC	8-Aqua Spin- DAN 8:30-H2Otherapy- DP 9-Liquid Cardio- MK 5:30-Abs & Buns- MM 6:30-Aqua Spin- MM	8:30-H2Otherapy- MK 9:30-Intense Cardio- MM 10:30- H2Otherapy-MM	8-Aqua Spin- MM 8:30-H2Otherapy- DP 9-Liquid Cardio- MM 10-Yoga/Stretch- MM	8:30-Intense Cardio- LC
24	25	26	27	28	29
8-Aqua Spin- KB 8:30 -H2Otherapy-DP 9- Liquid Cardio- KB 5:30-Intense Cardio-MM 6:30- Aqua Spin-MM	8:30-H2Otherapy-DAN 9:30-Intense Cardio- DAN 10:30- H2Otherapy- MK 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 Spin- MM	8:30-H2Otherapy- MM 9:30-Intense Cardio-MM 10:30- H2Otherapy-KB	8-Aqua Spin- MM 8:30-H2Otherapy- LC 9-Liquid Cardio- MM 10-Yoga/Stretch- MM	8:30-Intense Cardio- JEN
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HAPPY MEMORIAL DAY!					

-Water shoes highly recommended for classes

-Must have 6 people to sustain classes.