

July

Aqua



859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3
			8:30-H2otherapy- KB 9:15-WP Boga Bootcamp Jamie 9:30-WP Intense Cardio-MM 10:30-H2otherapy- MK	8-Aqua Spin- MD 8:30-H2otherapy- MM 9-WP Liquid Cardio- MD 10-WP Yoga/Stretch-MM	8:30-Intense Cardio- LC
5 8-Aqua Spin- LC 8:30-H2otherapy- JEN 9-Liquid Cardio- LC 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM	6 8:30-H2otherapy- MM 9:30-WP Intense Cardio-MM 10:30-H2otherapy- JEN 4:15-Intense Cardio- MD	7 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 10-WP Aqua JAMZ- BR 5:30-Abs & Buns- LC 6:30-Aqua TRI- LC	8 8:30-H2otherapy- MK 9:15-WP Boga Bootcamp Jamie 9:30-WP Intense Cardio-MM 10:30-H2otherapy- MM	9 8-Aqua Spin- MM 8:30-H2otherapy- MD 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-JEN	10 8:30-Intense Cardio-JEN
12 8-Aqua Spin- JEN 8:30-H2otherapy- DAN 9-Liquid Cardio- JEN 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM	13 8:30-H2otherapy- MK 9:30-WP Intense Cardio-KEL 10:30-H2otherapy- DAN 4:15-Intense Cardio- KB	14 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 10-WP Aqua JAMZ- BR 5:30-Abs & Buns- MM 6:30-Aqua TRI- MM	15 8:30-H2otherapy- MM 9:15-WP Boga Bootcamp Jamie 9:30-WP Intense Cardio-MM 10:30-H2otherapy- KB	16 8-Aqua Spin- LC 8:30-H2otherapy- JEN 9-WP Liquid Cardio-MK 10-WP Yoga/Stretch-MK	17 8:30-Intense Cardio-JEN
19 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- DAN 5:30-Intense Cardio- MM 6:30-Aqua Spin- MM	20 8:30-H2otherapy- MM 9:30-WP Intense Cardio-MM 10:30-H2otherapy- MK 4:15-Intense Cardio-KB	21 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 10-WP Aqua JAMZ- KEL 5:30-Abs & Buns- MM 6:30-Aqua TRI- MM	22 8:30-H2otherapy- KB 9:15-WP Boga Bootcamp Jamie 9:30-WP Intense Cardio-MM 10:30-H2otherapy- MM	23 8-Aqua Spin- JEN 8:30-H2otherapy- LC 9-WP Liquid Cardio-JEN 10-WP Yoga/Stretch-JEN	24 8:30-Intense Cardio-JEN
26 8-Aqua Spin- MD 8:30-H2otherapy- MK 9-Liquid Cardio- MD 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM	27 8:30-H2otherapy- DAN 9:30-WP Intense Cardio-DAN 10:30-H2otherapy- JEN 4:15-Intense Cardio- MD	28 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 10-WP Aqua JAMZ- BR 5:30-Abs & Buns- MM 6:30-Aqua Tri- MM	29 8:30-H2otherapy- MM 9:15-WP Boga Bootcamp Jamie 9:30-WP Intense cardio-MM 10:30-H2otherapy- KB	30 8-Aqua Spin- MM 8:30-H2otherapy- JEN 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-MM	31 8:30-Intense Cardio-JEN -Water shoes highly recommended for classes

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