

# AUGUST

# AQUA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>9-WP Liquid Cardio– MK 10-WP Intense Cardio–KB</p> <p>5:30-WP Intense Cardio–LC</p>	<p>2</p> <p>9:30-WP Intense Cardio–RS</p> <p>4:15-WP Intense Cardio–KB</p>	<p>3</p> <p>9-WP Liquid Cardio– JEN 10-WP Aqua JAMZ- KEL</p> <p>5:30-WP Intense Cardio–DAN</p>	<p>4</p> <p>9:30-WP Intense Cardio–DP</p>	<p>5</p> <p>9-WP Liquid Cardio– DAN 10-WP Yoga/Stretch– JEN</p>	<p>6</p> <p>8:30-WP Intense Cardio–JEN</p>
<p>8</p> <p>9-WP Liquid Cardio– MK 10-WP Intense Cardio– KB</p> <p>5:30-WP Intense Cardio–LC</p>	<p>9</p> <p>9:30-WP Intense Cardio–JEN</p> <p>4:15-WP Intense Cardio–KB</p>	<p>10</p> <p>9-WP Liquid Cardio– JEN 10-WP Aqua JAMZ- KEL</p> <p>5:30-WP Intense Cardio–LC</p>	<p>11</p> <p>9:30-WP Intense Cardio–RS</p>	<p>12</p> <p>9-WP Liquid Cardio– DAN 10-WP Yoga/Stretch–DAN</p>	<p>13</p> <p>8:30-WP Intense Cardio–JEN</p>
<p>15</p> <p>9-WP Liquid Cardio– KB 10-WP Intense Cardio–DAN</p> <p>5:30-WP Intense Cardio–LC</p>	<p>16</p> <p>9:30-WP Intense Cardio–RS</p> <p>4:15-WP Intense Cardio–KB</p>	<p>17</p> <p>9-WP Liquid Cardio– JEN 10-WP Aqua JAMZ– KEL</p> <p>5:30-WP Intense Cardio–DAN</p>	<p>18</p> <p>9:30-WP Intense Cardio–KB</p>	<p>19</p> <p>9-WP Liquid Cardio- MK 10-WP Yoga/Stretch– MK</p>	<p>20</p> <p>8:30-WP Intense Cardio–LC</p>
<p>22</p> <p>9-WP Liquid Cardio– MK 10-WP Intense Cardio– RS</p> <p>5:30-WP Intense Cardio–LC</p>	<p>23</p> <p>9:30-WP Intense Cardio–MK</p> <p>4:15-WP Intense Cardio–KB</p>	<p>24</p> <p>9-WP Liquid Cardio– DAN 10-WP Aqua JAMZ– KEL</p> <p>5:30-WP Intense Cardio–DAN</p>	<p>25</p> <p>9:30-WP Intense Cardio–KB</p>	<p>26</p> <p>9-WP Liquid Cardio–LC 10-WP Yoga/Stretch– LC</p>	<p>27</p> <p>8:30-WP Intense Cardio–LC</p>
<p>29</p> <p>9-WP Liquid Cardio– MK 10-WP Intense Cardio– RS</p> <p>5:30-WP Intense Cardio–DAN</p>	<p>30</p> <p>9:30-WP Intense Cardio- DP</p> <p>4:15-WP Intense Cardio–LC</p>	<p>31</p> <p>9-WP Liquid Cardio– DAN 10-WP Aqua JAMZ– KEL</p> <p>5:30-WP Intense Cardio–LC</p>			<p>Water shoes highly recommended for classes -Must have 6 people to sustain classes.</p>

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