

April



Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8-Intense Cardio-CD
3 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-CD 8-AD H2Otherapy-CD	4 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-MOL 4:15-Circuits-MM	5 8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MD 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	6 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	7 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch-MM	8 8-Intense Cardio-CD
10 8-Spin-MD 8:30-H2Otherapy-MK 9-Liquid Cardio-MD 10-Circuits- KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Spin- MM 7-Liquid Cardio-CD 8-AD H2Otherapy-CD	11 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-MK 4:15-Circuits-MM	12 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin- MM	13 8:30-H2Otherapy-MK 9:30-Intense Cardio-KEL 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	14 8-Spin-MK 8:30-H2Otherapy-MOL 9-Deep Water Dance-KEL 10-Yoga-KEL	15 8-Intense Cardio-CD
17 8-Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-Circuits-KEL 10:30-H2Otherapy-MK 5:30-Intense Cardio-KEL 6:30-Spin-MK 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	18 8:30-H2Otherapy-MOL 9:30-Intense Cardio-KEL 10:30-H2Otherapy-DAN 10:30-Jamz-KEL 4:15-NO CLASS	19 8-Spin-DAN 8:30-H2Otherapy-MK 9-Deep Water Dance-KEL 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	20 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-CD 8-H2Otherapy-CD	21 8-Spin-MM 8:30-H2Otherapy-DP 9-Liquid Cardio- MM 10-Yoga/Stretch-MM	22 8-Intense Cardio-CD
24 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	25 8:30-H2Otherapy-MD 9:30-Intense Cardio-DAN 10:30-H2Otherapy-DAN 10:30-Jamz-MOL 4:15-Circuits-KEL	26 8-Spin-Dan 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-DP 6:30-Spin- DP	27 8:30-H2Otherapy-MK 9:30-Intense Cardio-KEL 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD -Water shoes highly recommended for classes -Must have 6 people to sustain classes.	28 8-Spin-MK 8:30-H2Otherapy-DP 9-Deep Water Dance-KEL 10-Yoga-KEL	29 8-Intense Cardio-CD