

May



Aqua

859-426-7777 www.silverlakefamily.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits- MK 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Spin- MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	2 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-MK 4:15-Circuits-MM	3 8-Spin-Dan 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	4 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL 7-Liquid Cardio-CD 8-H2Otherapy-CD	5 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio- MM 10-Yoga/Stretch-MM	6 8-Intense Cardio-CD
8 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits- MM 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	9 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-MOL 4:15-Circuits-MM	10 8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MD 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	11 8:30-H2Otherapy-MOL 9:30-Intense Cardio-MK 10:30-H2Otherapy-MK 7-Liquid Cardio-CD 8-H2Otherapy-CD	12 8-Spin-MK 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP	13 8-Intense Cardio-CD
15 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits- MM 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	16 8:30-H2Otherapy-MK 9:30-Intense Cardio-DAN 10:30-H2Otherapy-DAN 10:30-Jamz-MK 4:15-NO CLASS TODAY	17 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin- MM	18 8:30-H2Otherapy-MM 9:30-Intense Cardio- MM 10:30-H2Otherapy- MM 7-Liquid Cardio-CD 8-H2Otherapy-CD	19 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch-MM	20 8-Intense Cardio-CD
22 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits- DAN 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	23 8:30-H2Otherapy-MM 9:30-Intense Cardio- MM 10:30-H2Otherapy-MM 10:30-Jamz- MOL 4:15-Circuits-MM	24 8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio-MD 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	25 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL 7-Liquid Cardio-CD 8-H2Otherapy-CD	26 8-Spin-MK 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP	27 8-Intense Cardio-CD
29 Happy Memorial Day!	30 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz- MK 4:15-Circuits-MM	31 8-Spin-Dan 8:30-H2Otherapy-MOL 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin- MM	-Water shoes highly recommended for classes		