

November



Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please note: To better serve all of our members, the 10:00a.m. outdoor classes are 40 minutes in order for us to clear and ready the Waterpark prior to our 11:00a.m. opening.</p>		<p>1</p> <p>8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio-MOL 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM</p>	<p>2</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>3</p> <p>8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch-MM</p>	<p>4</p> <p>8-Intense Cardio-CD</p>
<p>6</p> <p>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-TD 8-AD H2Otherapy-TD</p>	<p>7</p> <p>8:30-H2Otherapy-KEL 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-AP</p>	<p>8</p> <p>8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin- MM</p>	<p>9</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>10</p> <p>8-Spin-MK 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Yoga/Stretch-AP</p>	<p>11</p> <p>8-Intense Cardio-CD</p>
<p>13</p> <p>8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-Circuits- KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD</p>	<p>14</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL</p>	<p>15</p> <p>8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio-MD 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin- MM</p>	<p>16</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>17</p> <p>8-Spin-DAN 8:30-H2Otherapy-MOL 9-Deep Water Dance-KEL 10-Yoga-KEL</p>	<p>18</p> <p>8-Intense Cardio-CD</p>
<p>20</p> <p>8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD</p>	<p>21</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Jamz-AP</p>	<p>22</p> <p>8-Spin-DAN 8:30-H2Otherapy-MK 9-Deep Water Dance-KEL 10-Pilates- AP</p>	<p>23</p> <p>Happy Thanksgiving!</p>	<p>24</p> <p>9-Intense Cardio-CD</p>	<p>25</p> <p>8-Intense Cardio-CD</p>
<p>27</p> <p>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</p>	<p>28</p> <p>8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL</p>	<p>29</p> <p>8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM</p>	<p>30</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL 7-Liquid Cardio- CD 8-H2Otherapy- CD</p>		<p>-Water shoes highly recommended for classes</p>