

# September



## Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>* FEE BASED CLASSES</b>  <b>\$10.00 per class \$49.00</b>  <b>per month unlimited</b></p>				<p>1            8-Aqua Spin-MK            8:30-H2Otherapy-MD            9-Liquid Cardio-MK            10-Yoga/Stretch-KEL  <b>*10-Boga Basics/Stretch-MM</b></p>	<p>5            8-Intense Cardio-CD</p>
<p>4  <b>HAPPY LABOR DAY!</b></p>	<p>5            8:30-H2Otherapy- Dan            9:30-Intense Cardio-MM            10:30-H2Otherapy-MM            10:30-Aqua Jamz- MOL</p>	<p>6            8-Aqua Spin-DAN            8:30-H2Otherapy-MOL            9-Liquid Cardio- MD            10-Pilates- AP            5:30-Abs&amp;Buns-MM  <b>*6:30-Boga Bootcamp-MM</b></p>	<p>7            8:30-H2Otherapy-MM            9:30-Intense Cardio-MM            10:30-H2Otherapy-KEL  <b>*10:30-Boga Bootcamp-MM</b>            7-Liquid Cardio-CD            8-H2Otherapy-CD</p>	<p>8            8-Aqua Spin- MD            8:30-H2Otherapy-DP            9-Liquid Cardio-MD            10-Yoga/Stretch-AP  <b>*10-Boga Basics/Stretch-JEN</b></p>	<p>9            8-Intense Cardio-CD</p>
<p>11            8-Aqua 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  <b>*7:30-Boga Basics-MM</b>            8-AD H2Otherapy- TD</p>	<p>12            8:30-H2Otherapy-MM            9:30-Intense Cardio-MM            10:30-H2Otherapy- DAN            10:30-Aqua Jamz- KEL</p>	<p>13            8-Aqua Spin- MD            8:30-H2Otherapy-KEL            9-Liquid Cardio- MD            10-Pilates- AP            5:30-Abs&amp;Buns-MM  <b>*6:30-Boga Bootcamp-MM</b></p>	<p>14            8:30-H2Otherapy-MM            9:30-Intense Cardio-MM            10:30-H2Otherapy-KEL  <b>*10:30-Boga Bootcamp-JEN</b>            7-Liquid Cardio-CD            8-H2Otherapy-CD</p>	<p>15            8-Aqua Spin- MM            8:30-H2Otherapy-DP            9-Liquid Cardio-MM            10-Yoga/Stretch-KEL  <b>*10-Boga Basics/Stretch-MM</b></p>	<p>16            8-Intense Cardio-CD</p>
<p>18            8-Aqua 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  <b>*7:30-Boga Basics-MM</b>            8-AD H2Otherapy- TD</p>	<p>19            8:30-H2Otherapy- MK            9:30-Intense Cardio-MM            10:30-H2Otherapy-MM            10:30-Aqua Jamz- MK</p>	<p>20            8-Aqua Spin- DAN            8:30-H2Otherapy-MD            9-Liquid Cardio- MK            10-Pilates- AP            5:30-Abs&amp;Buns-MM  <b>*6:30-Boga Bootcamp-MM</b></p>	<p>21            8:30-H2Otherapy- MM            9:30-Intense Cardio-MM            10:30-H2Otherapy-MM  <b>*10:30-Boga Bootcamp-JEN</b>            7-Liquid Cardio-CD            8-H2Otherapy-CD</p>	<p>22            8-Aqua Spin-MM            8:30-H2Otherapy-MD            9-Liquid Cardio-MM            10-Yoga-/Stretch- AP  <b>*10-Boga Basics/Stretch-MM</b></p>	<p>23            8-Intense Cardio-CD</p>
<p>25            8-Aqua Spin-MD            8:30-H2Otherapy-DP            9-Liquid Cardio- Dan            10-Circuits-KEL            10:30-H2Otherapy-DAN            5:30-Intense Cardio-MM            6:30-Aqua Spin-MM            7-Liquid Cardio- TD  <b>*7:30-Boga Basics-MM</b>            8-AD H2Otherapy- TD</p>	<p>26            8:30-H2Otherapy-MM            9:30-Intense Cardio-MM            10:30-H2Otherapy-DAN            10:30-Aqua Jamz- KEL</p>	<p>27            8-Aqua Spin- DAN            8:30-H2Otherapy-MD            9-Liquid Cardio- MK            10-Pilates- AP            5:30-Abs&amp;Buns-MM  <b>*6:30-Boga Bootcamp-MM</b></p>	<p>28            8:30-H2Otherapy-MD            9:30-Intense Cardio-MM            10:30-H2Otherapy-MM  <b>*10:30-Boga Bootcamp-MK</b>            7-Liquid Cardio-CD            8-H2Otherapy-CD</p>	<p>29            8-Aqua Spin-MK            8:30-H2Otherapy-MOL            9-Deep Water Dance-KEL            10-Yoga/Stretch-KEL  <b>*10-Boga Basics/Stretch-JEN</b></p>	<p>30            8-Intense Cardio-CD</p>