

December



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 8-Spin-MK 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Yoga- KEL</p>	<p>2 8-Intense Cardio-CD</p>
<p>4 8-Spin-MD 8:30-H2Otherapy-DAN 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-CD 8-AD H2Otherapy-CD</p>	<p>5 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL</p>	<p>6 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>7 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>8 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch-AP</p>	<p>9 8-Intense Cardio-CD</p>
<p>11 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits- DAN 10:30-H2Otherapy-MOL 5:30-Intense Cardio-MM 6:30-Spin- MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD</p>	<p>12 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-Dan 10:30-Jamz-MK</p>	<p>13 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MOL 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM</p>	<p>14 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>15 8-Spin- DAN 8:30-H2Otherapy-MK 9-Deep Water Dance-KEL 10-Yoga-KEL</p>	<p>16 8-Intense Cardio-CD</p>
<p>18 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>19 8:30-H2Otherapy-KEL 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL</p>	<p>20 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>21 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>22 8-Spin-MM 8:30-H2Otherapy-DP 9-Liquid Cardio- MM 10-Yoga/Stretch-MM</p>	<p>23 8-Intense Cardio-CD</p>
<p>25 MERRY CHRISTMAS!</p>	<p>26 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Jamz- MOL</p>	<p>27 8-Spin-DAN 8:30-H2Otherapy-MOL 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 630-Spin-MM</p>	<p>28 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>29 8-Spin-MM 8:30-H2Otherapy-MK 9-Liquid Cardio-MM 10-Yoga/Stretch-MM-</p>	<p>30 -Water shoes 8-Intense Cardio-CD highly recom- mended for clas- ses</p>