

# JANUARY

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  <b>HAPPY NEW YEAR!</b>	2 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Jamz-KEL	3 8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio-MD 10-Pilates- AP 5:30-Abs&Buns-MM 630-Spin-MM	4 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 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-KEL 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-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-MOL	10 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	11 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	12 8-Spin-MD 8:30-H2Otherapy-DP 9-Deep Water Dance-KEL 10-Yoga- KEL	13 8-Intense Cardio-CD
15 8-Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-Circuits- KEL 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Spin- MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	16 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Jamz-KEL	17 8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio-MD 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-MOL 7-Liquid Cardio-CD 8-H2Otherapy-CD	19 8-Spin-MM 8:30-H2Otherapy-DP 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-KEL 10:30-H2Otherapy-Dan 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	23 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-MK	24 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 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-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	26 8-Spin-DAN 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Yoga-KEL	27 8-Intense Cardio-CD
29 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	30 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL	31 8-Spin-Dan 8:30-H2Otherapy-MD 9-Liquid Cardio-MOL 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	<p>-Water shoes highly recommended for classes -Must have 6 people to sustain classes.</p>		