

February



Aqua

859-426-7777 www.silverlakefamily.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|---|
| | | | 1 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-CD 8-H2Otherapy-CD | 2 8-Spin-MK 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Yoga-KEL | 3 8-Intense Cardio-CD |
| 5 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 | 6 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL | 7 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM | 8 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD | 9 8-Spin-MM 8:30-H2Otherapy-DP 9-Liquid Cardio-MM 10-Yoga/Stretch-MM | 10 8-Intense Cardio-CD |
| 12 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 | 13 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-AP | 14 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM | 15 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL 7-Liquid Cardio-CD 8-H2Otherapy-CD | 16 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio- MM 10-Yoga/Stretch-MM | 17 8-Intense Cardio-CD |
| 19 8-Spin-DAN 8:30-H2Otherapy-MM 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 | 20 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL | 21 8-Spin-MD 8:30-H2Otherapy-MOL 9-Liquid Cardio-MD 10-Pilates- AP 5:30-Abs&Buns-MK 6:30-Spin-MK | 22 8:30-H2Otherapy-MD 9:30-Intense Cardio-KEL 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD | 23 8-Spin-DAN 8:30-H2Otherapy-MK 9-Deep Water Dance-KEL 10-Yoga-KEL | 24 8-Intense Cardio-CD |
| 26 8-Spin-MD 8:30-H2Otherapy-DAN 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-KEL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD | 27 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Jamz-AP | 28 8-Spin-Dan 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM | | | -Water shoes highly recommended for classes -Must have 6 |