

March



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-Liquid Cardio-MK 10-Yoga/Stretch-AP	3 8-Intense Cardio-LC
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-LC 8-AD H2Otherapy-LC	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-MK 8-H2Otherapy-MK	9 8-Spin-DAN 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Yoga-KEL	10 8-Intense Cardio-LC
12 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-MOL 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC	13 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-AP	14 8-Spin-MK 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-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	16 8-Spin-MM 8:30-H2Otherapy-MK 9-Liquid Cardio-MM 10-Yoga/Stretch-MM	17 8-Intense Cardio-CD
19 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-LC 8-AD H2Otherapy-LC	20 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL	21 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MOL 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	22 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-CD 8-H2Otherapy-CD	23 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch-MM	24 8-Intense Cardio-CD
26 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC	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-MM 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	29 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	30 8-Spin-DAN 8:30-H2Otherapy-DP 9-Deep Water Dance-KEL 10-Yoga-KEL	31 -Water shoes highly recom- mended for clas- ses -Must have 6