

# May



# Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL	2 8-Spin-Dan 8:30-H2Otherapy-MD 9-Cardio Dance-KEL 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	3 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL 7-Liquid Cardio-CD 8-H2Otherapy-CD	4 8-Spin-MK 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Yoga/Stretch-AP	5 8-Intense Cardio-CD
7 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	8 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-MOL	9 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- AP 5:30-Abs&Buns-LC 6:30-Spin-LC	10 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 7-Liquid Cardio-CD 8-H2Otherapy-CD	11 8-Spin-DAN 8:30-H2Otherapy-MD 9-Cardio Dance-KEL 10-Yoga-KEL	12 8-Intense Cardio-CD
14 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-Aqua Spin-MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC	15 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL	16 8-Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin- MM	17 8:30-H2Otherapy-MM 9:30-Intense Cardio- MM 10:30-H2Otherapy- KEL 7-Liquid Cardio-LC 8-H2Otherapy-LC	18 8-Spin-MM 8:30-H2Otherapy-MOL 9-Liquid Cardio-MM 10-Yoga/Stretch-MM	19 8-Intense Cardio-CD
21 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-CD 8-AD H2Otherapy-CD	22 8:30-H2Otherapy-MK 9:30-Intense Cardio- KEL 10:30-H2Otherapy-DAN 10:30-Jamz- AP	23 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	24 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-LC 8-H2Otherapy-LC	25 8-Spin-MK 8:30-H2Otherapy-MD 9-Cardio Dance-KEL 10-Yoga-KEL	26 8-Intense Cardio-CD
28 <b>Happy Memorial Day!</b>	29 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Jamz- MK	30 8-Spin-Dan 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin- MM	31 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-LC 8-AD H2Otherapy-LC		-Water shoes highly recommended for classes -Must have 6