

June



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 8:30-H2Otherapy-MK 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-MM</p>	<p>2 8-Intense Cardio-CD</p>
<p>4 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-WP Ins Choice-MOL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC</p>	<p>5 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN</p>	<p>6 8-Aqua Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-MK 10-WP Aqua Jamz-KEL 5:30-Abs&Buns-MM 6:30-Aqua 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 8:30-H2Otherapy-MOL 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-MM</p>	<p>9 8-Intense Cardio-CD</p>
<p>11 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MOL 10-WP Ins Choice-KEL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC</p>	<p>12 8:30-H2Otherapy-MM 9:30-Intense Cardio-KEL 10:30-H2Otherapy-DAN</p>	<p>13 8-Aqua Spin-DAN 8:30-H2Otherapy-MOL 9-Deep Water Dance-KEL 10-WP Aqua Jamz-MOL 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM</p>	<p>14 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-LC 8-H2Otherapy-LC</p>	<p>15 8:30-H2Otherapy-DAN 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-MM</p>	<p>16 8-Intense Cardio-CD</p>
<p>18 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-WP Ins Choice-Dan 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-CD 8-AD H2Otherapy-CD</p>	<p>19 8:30-H2Otherapy-DAN 9:30-Intense Cardio-DAN 10:30-H2Otherapy-MM</p>	<p>20 8-Aqua Spin-DAN 8:30-H2Otherapy-MK 9-Deep Water Dance-KEL 10-WP Aqua Jamz-KEL 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM</p>	<p>21 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-LC 8-H2Otherapy-LC</p>	<p>22 8:30-H2Otherapy-DP 9-WP Liquid Cardio-MK 10-WP Yoga/Stretch-KEL</p>	<p>23 8-Intense Cardio-CD</p>
<p>25 8-Aqua Spin-MD 8:30-H2Otherapy-DAN 9-Liquid Cardio-DAN 10-WP Ins Choice-KEL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 8-ADH2Otherapy-LC</p>	<p>26 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL</p>	<p>27 8-Aqua Spin-DAN 8:30-H2Otherapy-MK 9-Deep Water Dance-KEL 10-WP Aqua Jamz-MK 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM</p>	<p>28 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-LC 8-H2Otherapy-LC</p>	<p>29 8:30-H2Otherapy-MK 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-MM</p>	<p>30 8-Intense Cardio-CD -Water shoes highly recommended for classes -Must have 6</p>