

July



Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Deep Water Dance-KEL 10-WP Ins Choice-DAN 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC	3 8:30-H2Otherapy-DAN 9:30-Intense Cardio-DAN 10:30-H2Otherapy-MM	4 HAPPY 4TH OF JULY!	5 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-LC 8-H2Otherapy-LC	6 Aqua Fitness Event at the Outdoor Water Park. Join us for an awesome workout & try something new! 9:00am--10:20am. Bring a guest for free! Refreshments after wards.	7 8-Intense Cardio-CD
9 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio- DAN 10-WP Ins Choice-KEL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC	10 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-Dan	11 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	12 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	13 8:30-H2Otherapy-MOL 9-WP Liquid Cardio-MK 10-WP Yoga/Stretch-KEL	14 8-Intense Cardio-CD
16 8-Aqua Spin- DAN 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- LC 8-AD H2Otherapy-LC	17 8:30-H2Otherapy-MM 9:30-Intense Cardio-KEL 10:30-H2Otherapy- DAN	18 8-Aqua Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio-MD 10-WP Aqua Jamz- MK 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM	19 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-LC 8-H2Otherapy-LC	20 8:30-H2Otherapy-MD 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-MM	21 8-Intense Cardio- CD
23 8-Aqua Spin-MD 8:30-H2Otherapy-MOL 9-Liquid Cardio-MD 10-WP Ins Choice-KEL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-CD 8-AD H2Otherapy- CD	24 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL	25 8-Aqua Spin-MK 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-WP Aqua Jamz-KEL 5:30-Abs&Buns-MM 6:30-Aqua Spin- MM	26 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-LC 8-H2Otherapy-LC	27 8:30-H2Otherapy-MD 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-MM	28 8-Intense Cardio-CD
30 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio- MD 10-WP Ins Choice-KEL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 8-ADH2Otherapy-LC	31 8:30-H2Otherapy-DAN 9:30-Intense Cardio-DAN 10:30-H2Otherapy- MM	<p style="text-align: center;">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 style="text-align: center;">Water shoes highly recommended for classes</p> <p style="text-align: center;">-Must have 6 people to sustain classes.</p>			