

August



Aqua

859-426-7777 www.silverlakefamily.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|
| | | 1 8-Aqua Spin-DAN 8:30-H2Otherapy- MD 9-Liquid Cardio- MM 10-WP Ins Choice- LC 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM | 2 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-LC 8-H2Otherapy-LC | 3 8:30 H2Otherapy-MK 9-WP Deep Water Dance -KEL 10-WP Yoga/Stretch-KEL 10-WP Boga Yoga/Core-MK | 4 8-Intense Cardio-CD |
| 6 9-WP Ins Choice-MD | 7 9:30 WP Boga Bootcamp-MM | 8 9-WP Aqua Jamz-KEL | 9 | 10 9-WP Liquid Cardio- MM 10-WP Yoga/Stretch-MM 10-WP Boga Yoga/Core-Geri | 11 |
| 13 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- LC 8-AD H2Otherapy-LC | 14 8:30-H2Otherapy-MM 9:30-Intense Cardio-KEL 9:30-WP Boga Bootcamp-MM 10:30-H2Otherapy- DAN | 15 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 | 16 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 7-Liquid Cardio-LC 8-H2Otherapy-LC | 17 8:30-H2Otherapy-MD 9-WP Liquid Cardio-MM 10-WP Yoga/Stretch-MM 10-WP Boga Yoga/Core-Geri | 18 8-Intense Cardio- CD |
| 20 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-WP Ins Choice-KEL 5:30-Intense Cardio-MK 6:30-Aqua Spin- MK 7-Liquid Cardio- LC 8-AD H2Otherapy- LC | 21 8:30-H2Otherapy- MD 9:30-Intense Cardio- MD 9:30-WP Boga Bootcamp-Jen 10:30-H2Otherapy- DAN | 22 8-Aqua Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio- MD 11:00-2:00 Ladies Day! 5:30-Abs&Buns- LC 6:30-Aqua Spin- LC | 23 8:30-H2Otherapy-MOL 9:30-Intense Cardio-MK 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD | 24 8:30-H2Otherapy-MD 9-WP Liquid Cardio- MK 10-WP Yoga/Stretch-KEL 10-WP Boga Yoga/Core-MK | 25 8-Intense Cardio-CD Please note: To better serve all of |
| 27 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 | 28 8:30-H2Otherapy-DAN 9:30-Intense Cardio-DAN 9:30-WP Boga Bootcamp-MM 10:30-H2Otherapy- MM | 29 8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 9:30-11-Senior Breakfast 5:30-Abs&Buns- LC 6:30-Aqua Spin- LC | 30 8:30-H2Otherapy- MK 9:30-Intense Cardio-KEL 10:30-H2Otherapy-KEL 7-Liquid Cardio- CD 8-H2Otherapy- CD | 31 8:30-H2Otherapy-DP 9-WP Liquid Cardio-MD 10-WP Pilates/Stretch-MD 10-WP Boga Yoga/Core-Jen | our members, the 10:00a.m. outdoor classes are 40 minutes in order for us to clear and ready the Water-park prior to our 11:00a.m. opening. |

Water shoes highly recommended for classes

301 Kenton Lands Rd, Erlanger KY 41018