

September



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-Intense Cardio-CD</p>
<p>3 HAPPY LABOR DAY!</p>	<p>4 8:30-H2Otherapy- Dan 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Aqua Jamz- KEL</p>	<p>5 8-Aqua Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MD 10-Pilates- MD 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM</p>	<p>6 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL *10:30-Boga Bootcamp- Jamie 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>7 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Yoga/Stretch-KEL *10-Boga Basics/Stretch-MK</p>	<p>8 8-Intense Cardio-CD</p>
<p>10 8-Aqua Spin- MD 8:30-H2Otherapy- DP 9-Liquid Cardio-MD 10-Circuits- KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM 7-Liquid Cardio- LC *7:30-Boga Basics-MM 8-AD H2Otherapy- LC</p>	<p>11 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- DAN 10:30-Aqua Jamz- MK</p>	<p>12 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM</p>	<p>13 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL *10:30-Boga Bootcamp- Jamie 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>14 8:30-H2Otherapy-MOL 9-Liquid Cardio-MM 10-Yoga/Stretch-MM *10-Boga Basics/Stretch-MK</p>	<p>15 8-Intense Cardio-CD</p>
<p>17 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy- MK 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- LC *7:30-Boga Basics-MM 8-AD H2Otherapy- LC</p>	<p>18 8:30-H2Otherapy- DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Aqua Jamz- KEL</p>	<p>19 8-Aqua Spin- DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MD 10-Pilates- MD 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM</p>	<p>20 8:30-H2Otherapy- MD 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM *10:30-Boga Bootcamp- Jamie 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>21 8:30-H2Otherapy- LC 9-Deep Water Dance-KEL 10-Yoga/Stretch-KEL *10-Boga Basics/Stretch-MM</p>	<p>22 8-Intense Cardio-CD</p>
<p>24 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio- DAN 10-Circuits-KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- CD *7:30-Boga Basics-MM 8-AD H2Otherapy- CD</p>	<p>25 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Aqua Jamz- KEL</p>	<p>26 8-Aqua Spin- DAN 8:30-H2Otherapy-DP 9-Liquid Cardio- MD 10-Pilates- MD 5:30-Abs&Buns-MM 6:30-Aqua Spin-MM</p>	<p>27 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM *10:30-Boga Bootcamp- Jamie 7-Liquid Cardio-LC 8-H2Otherapy-LC</p>	<p>28 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga-/Stretch- MM No Boga Today</p>	<p>29 8-Intense Cardio-CD</p>
<p>Water shoes highly recommended for classes -Must have 6 people to sustain classes.</p>					
<p>301 Kenton Lands Rd, Erlanger KY 41018</p>					