

October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua					
1	2	3	4	5	6
8-Aqua Spin-MD 8:30-H2Otherapy-DAN 9-Liquid Cardio-MD 10-Circuits-DAN 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	8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM	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	8:30-H2Otherapy-MD 9:30-Intense Cardio-DAN 10:30-H2Otherapy-MK 10:30-Boga Bootcamp-JAMIE 7-Liquid Cardio-CD 8-H2Otherapy-CD	8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10- NO CLASS TODAY 10-Boga Basics/Stretch-MK	8-Intense Cardio- LC
8	9	10	11	12	13
8-Aqua Spin-MD 8:30-H2Otherapy-DAN 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-MOL 5:30-Intense Cardio-MK 6:30-Aqua Spin-MK 7-Liquid Cardio-LC 7:30 Boga Basics-MK 8-AD H2Otherapy-LC	8:30-H2Otherapy-DAN 9:30-Intense Cardio-DAN 10:30-H2Otherapy- KEL	8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM 6:30-Aqua Tri- MM	8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Boga Bootcamp-JAMIE 7-Liquid Cardio-CD 8-H2Otherapy-CD	8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga-KEL 10-Boga Basics/Stretch-MM	8-Intense Cardio-CD
15	16	17	18	19	20
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	8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK 10:30-Aqua Tri- MM	8-Aqua Spin- DAN 8:30-H2Otherapy-DP 9-Liquid Cardio- MK 10- NO CLASS TODAY 5:30-Abs& Buns-MM 6:30-Aqua Tri- MM	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	8:30-H2Otherapy-MK 9-Deep Water Dance-KEL 10-Yoga-KEL 10-Boga Basics/Stretch-MK	8-Intense Cardio-CD
22	23	24	25	26	27
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	8:30-H2Otherapy- DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 10:30-Aqua Tri- MM	8-Aqua Spin- DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MM 10-Pilates- MM 5:30-Abs& Buns-MM 6:30-Aqua Tri- MM	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	8:30-H2Otherapy-MM 9-Liquid Cardio- MK 10-Yoga/Stretch-MM 10-Boga Basics/Stretch-MK	8-Intense Cardio-CD
29	30	31	Water shoes highly recommended for classes -Must have 6 people to sustain classes.		
8-Aqua Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-Circuits-MK 10:30-H2Otherapy-MOL 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- LC 7:30 Boga Basics-MM 8-AD H2Otherapy- LC	8:30 H2Otherapy-MOL 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Aqua Tri- MM	8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD Happy Halloween!			
301 Kenton Lands Rd, Erlanger KY 41018					

859-426-7777
www.silverlakefamily.com