

# September

## Aqua



859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
<b>Happy Labor Day!</b>	8:30 H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-JEN <b>10:30-Aqua Tri- MM</b>	8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri-MM</b>	8:30-H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL <b>10:30-Boga Bootcamp-MM</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	8-Aqua Spin-MM 8:30-H2Otherapy-DAN 9-Liquid Cardio- MM 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-JAMIE</b>	8-Intense Cardio- CD
9 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-JEN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC <b>7:30 Boga Basics-MM</b>	10 8:30-H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK <b>10:30-Aqua Tri- MM</b>	11 8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	12 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	13 8-Aqua Spin-MM 8:30-H2Otherapy-JEN 9-Deep Water Dance-KEL 10-Yoga/Stretch-KEL <b>10-Boga Basics/Stretch-MM</b>	14 8-Intense Cardio-CD
16 8-Aqua Spin-MD 8:30-H2Otherapy- DP 9-Liquid Cardio-MD 10-Circuits-JEN 10:30-H2Otherapy-KB 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM 7-Liquid Cardio- LC <b>7:30 Boga Basics-MM</b>	17 8:30-H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK <b>10:30-Aqua Tri- MM</b> <b>4:15-Intense Cardio-KB</b>	18 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10- Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	19 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- JEN <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	20 8-Aqua Spin-MM 8:30-H2Otherapy-JEN 9-Liquid Cardio-MM 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-JAMIE</b>	21 8-Intense Cardio-CD
23 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits- KEL 10:30-H2Otherapy-JEN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- KB <b>7:30 Boga Basics-MM</b>	24 8:30-H2Otherapy- JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL <b>10:30-Aqua Tri- MM</b> <b>4:15-Intense Cardio-KB</b>	25 8-Aqua Spin- DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MD 10-Pilates- MD 5:30-Abs& Buns-MM <b>6:30-Aqua Tri- MM</b>	26 8:30-H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM <b>10:30-Boga Bootcamp-JAMIE</b> 7-Liquid Cardio-CD 8-H2Otherapy-CD	27 8-Aqua Spin-MK 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Yoga/Stretch-KEL <b>10-Boga Basic/Stretch-MK</b>	28 8-Intense Cardio-CD
30 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-KB 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy- LC					
				-Water shoes highly recommended for classes	
<b>301 Kenton Lands Rd, Erlanger KY 41018</b>					