

Monday

8:00AM Aqua Spin - Shallow End
 8:30AM H2O Therapy - Warm Water Pool
 9:00AM Liquid Cardio - Deep End
 9:30AM Sit & Fit - Group EX Room
 10:30AM Sit & Fit - Group EX Room
 5:30PM Intense Cardio - Shallow End
 6:30PM Aqua Spin - Shallow End

Tuesday

8:30AM H2O Therapy - Warm Water Pool
 9:15AM Lift & Tone - Group EX Room
 9:30AM Intense Cardio - Shallow End
 10:30AM H2O Therapy - Warm Water
 10:30AM Chair Pilates - Group EX Room
 4:15PM Intense Cardio - Shallow End
 6:00PM Lift & Tone - Group EX Room

Wednesday

8:00AM Aqua Spin - Shallow End
 8:30AM H2O Therapy - Warm Water Pool
 9:00AM Liquid Cardio - Deep End
 9:15AM Easy Yoga - Group EX Room
 10:00AM Aqua Jamz - Shallow End
 10:30AM Sit & Fit - Group EX Room
 5:30PM Abs & Buns - Shallow End
 6:30PM Easy Yoga - Group EX Room

Thursday

8:30AM H2O Therapy - Warm Water Pool
 9:15AM CT/Abs - Group EX Room
 9:30AM Intense Cardio - Shallow End
 10:30AM H2O Therapy - Warm Water Pool
 10:30AM Line Dancing - Group EX Room
 11:30AM Chair Pilates - Group Ex Room
 4:15PM Intense Cardio - Shallow End

Friday

8:00AM Aqua Spin - Shallow End
 8:30AM H2O Therapy - Warm Water Pool
 9:00AM Liquid Cardio - Deep End
 9:15AM Lift & Tone - Group EX Room
 10:00AM Yoga/Stretch - Shallow End
 10:30AM Sit & Fit - Group Ex Room

Saturday

8:30AM Intense Cardio - Shallow End
 9:00AM Zumba/Jamz - Group EX Room
 10:15AM Yoga - Group Ex Room



Be sure to check the Silverlake app for each week's instructors and class information

Water shoes are highly recommended for Aqua classes