

### 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
- 6:00PM Jamz Plus - Group EX Room

### 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 - Warm Water Pool
- 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 canceled class information

Water shoes are highly recommended for Aqua classes