

Please note: August 3rd through the 16th ALL Aqua classes are outside at the Water Park, weather permitting. August 3rd through the 16th there will be no 8:30am or 10:30am H2O Therapy.

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
10:00AM	Instructors Choice - Waterpark
10:30AM	Sit & Fit - Group EX Room
5:30PM	Intense Cardio - Waterpark

Tuesday

8:30AM	H2O Therapy - Warm Water Pool
9:15AM	Lift & Tone - Group EX Room
9:30AM	Intense Cardio - Waterpark
10:30AM	H2O Therapy - Warm Water
10:30AM	Chair Pilates - Group EX Room
4:15PM	Intense Cardio - Waterpark
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 - Waterpark
10:30AM	Sit & Fit - Group EX Room
5:30PM	Abs & Buns - Waterpark
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 - Waterpark
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 - Waterpark
6:00PM	Zumba/Jamz - Group EX Room

Friday

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

The 10:00am classes are 40 minutes in order for us to clear and ready the Waterpark prior to our 11:00am opening.