

# APRIL

859-426-7777 www.silverlakefamily.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>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> 8-AD H2Otherapy-LC</p>	<p>2</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL <b>10:30-Aqua Tri-MM</b></p>	<p>3</p> <p>8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs &amp; Buns- LC <b>6:30-Aqua Tri- LC</b></p>	<p>4</p> <p>8:30-H2Otherapy- JEN 9:30-Intense Cardio-MD 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>5</p> <p>8-Aqua Spin-DAN 8:30-H2Otherapy- MK <b>9-Deep Water Dance-KEL</b> 10-Yoga/Stretch-KEL <b>10-Boga Basics/Stretch-MM</b></p>	<p>8-Intense Cardio- CD</p>
<p>8</p> <p>8-Aqua Spin-MD 8:30-H2Otherapy-JEN 9-Liquid Cardio-MD 10-Circuits-JEN 10:30-H2Otherapy-KEL 5:30-Intense Cardio-MK 6:30-Aqua Spin-MK 7-Liquid Cardio-LC <b>7:30 Boga Basics-MK</b> 8-AD H2Otherapy-LC</p>	<p>9</p> <p>8:30-H2Otherapy- MD 9:30-Intense Cardio- MD 10:30-H2Otherapy- JEN <b>10:30-Aqua Tri- KEL</b></p>	<p>10</p> <p>8-Aqua Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MD 10-Pilates- MD 5:30-Abs &amp; Buns- LC <b>6:30-Aqua Tri- LC</b></p>	<p>11</p> <p>8:30-H2Otherapy-JEN 9:30-Intense Cardio-KEL 10:30-H2Otherapy- MOL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>12</p> <p>8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- DAN 10-Yoga/Stretch-MD <b>10-NO Boga Class</b></p>	<p>8-Intense Cardio- CD</p>
<p>15</p> <p>8-Aqua Spin-DAN 8:30-H2Otherapy- DP 9-Liquid Cardio- MK 10-Circuits-KEL 10:30-H2Otherapy-MK 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</p>	<p>16</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL <b>10:30-Aqua Tri- MM</b></p>	<p>17</p> <p>8-Aqua Spin- DAN 8:30-H2Otherapy- MK <b>9-Deep Water Dance-KEL</b> 10-Pilates- KEL 5:30-Abs &amp; Buns- MM <b>6:30-Aqua Tri- MM</b></p>	<p>18</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>19</p> <p>8-Aqua Spin- MM 8:30-H2Otherapy- DAN 9-Liquid Cardio- MM 10-Yoga/Stretch-KEL <b>10-Boga Basics/Stretch-MM</b></p>	<p>8-Intense Cardio- CD</p>
<p>22</p> <p>8-Aqua Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-MK 10-Circuits-KEL 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- JEN <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy- JEN</p>	<p>23</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL <b>10:30-Aqua Tri- MM</b></p>	<p>24</p> <p>8-Aqua Spin- DAN 8:30-H2Otherapy-JEN <b>9-Deep Water Dance-KEL</b> 10-Pilates- KEL 5:30-Abs &amp; Buns-MM <b>6:30-Aqua Tri- MM</b></p>	<p>25</p> <p>8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-JEN 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>26</p> <p>8-Aqua Spin-MM 8:30-H2Otherapy-MK 9-Liquid Cardio-MM 10-Yoga/Stretch-MM <b>10-Boga Basics/Stretch-MK</b></p>	<p>8-Intense Cardio- CD</p>
<p>29</p> <p>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> 8-AD H2Otherapy- LC</p>	<p>30</p> <p>8:30 H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MD <b>10:30-Aqua Tri- MM</b></p>		<p><b>ALL BOGA CLASSES ARE FREE TO OUR MEMBERS! (Limit 8) Arrive 10 mins early.</b></p> <p>-Water shoes highly recommended for classes -Must have 6 people to sustain classes.</p>		