

March

859-426-7777 www.silverlakefamily.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua					
2	3	4	5	6	7
8-Aqua Spin- MD 8:30-H2Otherapy- DP 9-Liquid Cardio- MD 10-Jamz- KEL 10:30-H2Otherapy- JEN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 7:30-Boga Basics- MM	8:30 H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK 10:30-Aqua Tri- MM 4:14-Intense Cardio-KB	8-Aqua Spin- DAN 8:30-H2Otherapy- MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs & Buns-MM 6:30-Aqua Tri-MM	8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL 10:30-Boga Bootcamp-JAMIE 4:15-Intense Cardio- KB 7-Liquid Cardio-JEN 8-H2Otherapy-JEN	8-Aqua Spin- MM 8:30-H2Otherapy-JEN 9-Liquid Cardio- MM 10-Yoga/Stretch- JEN 10-Boga Basics/Stretch-MM	8-Intense Cardio- CD
9	10	11	12	13	14
8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy- MK 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- KB 7:30 Boga Basics-MM 8-AD H2Otherapy- KB	8:30-H2Otherapy- MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL 10:30-Aqua Tri- MM 4:15-Intense Cardio-KB	8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs & Buns-MM 6:30-Aqua Tri- MM	8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 10:30-Boga Bootcamp-JAMIE 4:15-Intense Cardio- KB 7-Liquid Cardio-JEN 8-H2Otherapy-JEN	8-Aqua Spin-DAN 8:30-H2Otherapy-MK 9-Deep Water Dance-KEL 10-Yoga/Stretch-KEL 10-Boga Basics/Stretch-MK	8-Intense Cardio-CD
16	17	18	19	20	21
8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Jamz- KEL 10:30-H2Otherapy-JEN 5:30-Intense Cardio-KB 6:30-Aqua Spin- KB 7-Liquid Cardio- LC 7:30 No Boga Tonight 8-AD H2Otherapy- LC	8:30-H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- JEN 10:30-Aqua Tri- MM 4:15-Intense Cardio-KB	8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10- Pilates- MD 5:30-Abs & Buns-MM 6:30-Aqua Tri- MM	8:30-H2Otherapy- MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 10:30-Boga Bootcamp-MM 4:15-Intense Cardio- KB 7-Liquid Cardio-JEN 8-H2Otherapy-JEN	8-Aqua Spin-MM 8:30-H2Otherapy-DAN 9-Liquid Cardio-MM 10-Yoga/Stretch-MM 10- Boga Basics/Stretch-JAMIE	8-Intense Cardio-CD
23	24	25	26	27	28
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- JEN 7:30 Boga Basics-MM 8-AD H2Otherapy- JEN	8:30-H2Otherapy- JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK 10:30-Aqua Tri- MM 4:15-Intense Cardio-KB	8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- KB 10-Pilates- MD 5:30-Abs & Buns-MM 6:30-Aqua Tri- MM	8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 10:30-Boga Bootcamp-JAMIE 4:15-Intense Cardio- KB 7-Liquid Cardio- LC 8-H2Otherapy- LC	8-Aqua Spin- MM 8:30-H2Otherapy-JEN 9-Deep Water Dance-KEL 10-Yoga/Stretch-KEL 10-Boga Basic/Stretch-MM	8-Intense Cardio-CD
30	31				
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 7:30 Boga Basics-MM	8:30-H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- JEN 10:30-Aqua Tri- MM 4:15-Intense Cardio-KB				
Water shoes highly recommended for classes -Must have 6 people to sustain classes.					