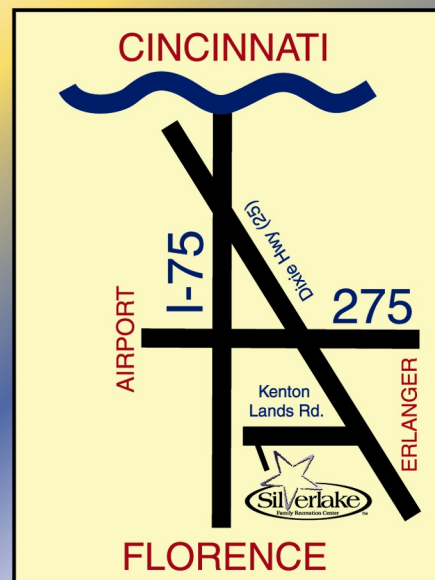




301 KENTON LANDS ROAD
ERLANGER, KENTUCKY 41018
859.426.7777



HOURS

MONDAY - THURSDAY
5:30 AM - 10:00 PM

FRIDAY
5:30 AM - 8:00 PM

SATURDAY
7:30 AM - 6:00 PM

SUNDAY
9:00 AM - 6:00 PM

AQUATIC CENTER CLOSSES
30 MINUTES PRIOR TO FACILITY

HOURS SUBJECT TO CHANGE



"State-of-the-Art Fitness, Programs
and Family Fun!"



Discover the difference.
& Enjoy the experience.

859.426.7777

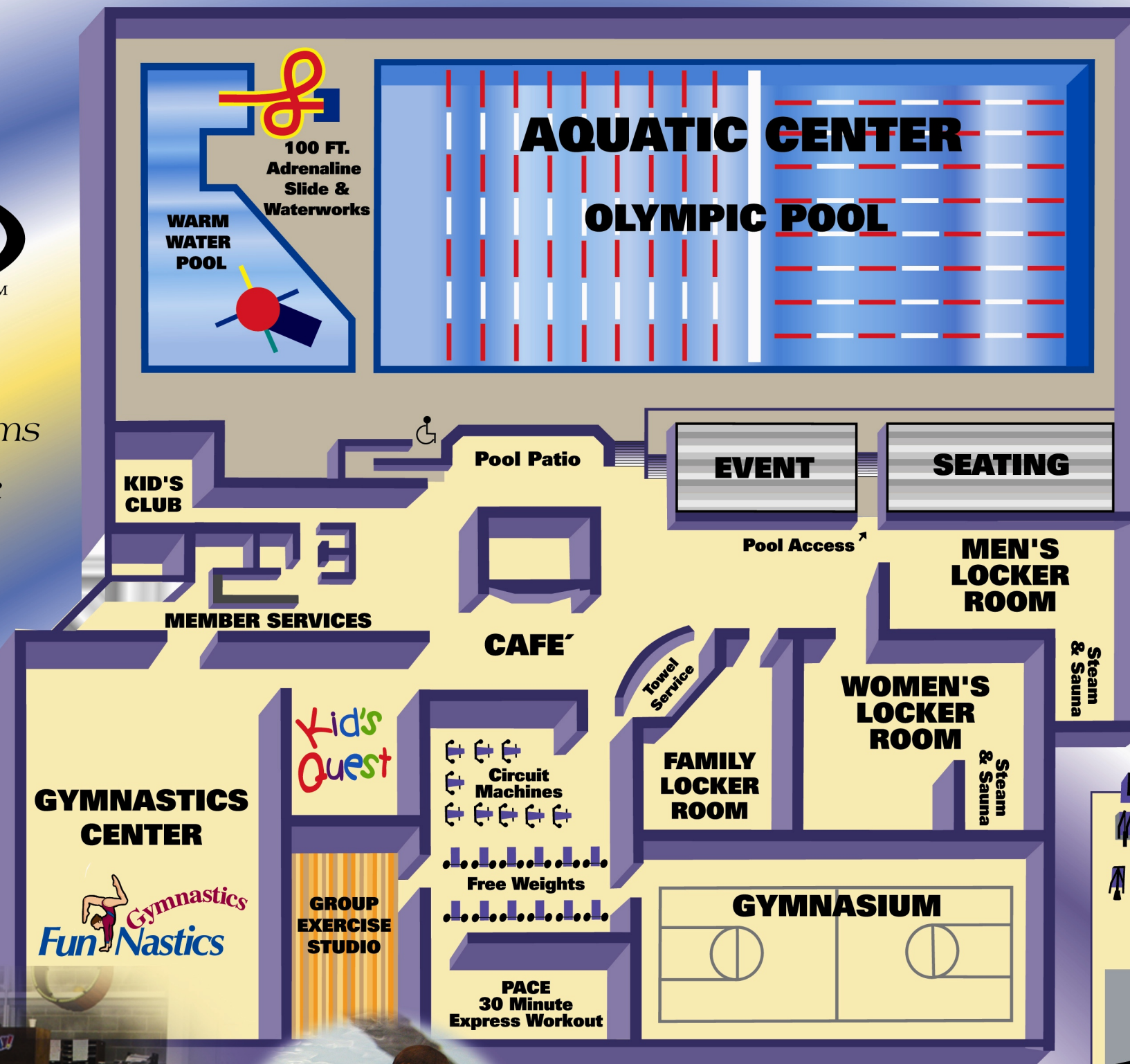
www.go2silverlake.com

Fitness & Family Fun

All in One!



Silverlake brings together State-of-the-Art Fitness, Programs and Family Fun. Silverlake, the premier facility in Northern Kentucky, offers a wide range of amenities and benefits to assist our members in improving and achieving a healthy lifestyle.



2ND LEVEL

AQUATIC CENTER

- Indoor Olympic Size Pool
- 2,500 Sq. Ft. Warm Water Pool
- 100 Ft. Adrenaline Slide & Waterworks
- Swim Lessons
- Lap Lanes Available All Day
- Aqua Aerobics Program including Hydroider Classes

FITNESS CENTER

- 3 Lines of Circuit Machines including Cybex Functional Trainers
- Free Weights
- Cardiovascular Equipment
- Cardio Theatre Entertainment
- Certified Personal Trainers
- 30 Minute Express Workout Studio
- Indoor Walking Track
- Group Exercise Classes

GYMNASIUM

- Basketball & Programmed Activities

KID'S QUEST & KID'S CLUB

- Large Soft Play Structure
- Kidzpace Interactive Fitness Games
- Free Child Care

LOCKER ROOMS

- The Ultimate In Men's, Women's and Family Locker Rooms
- Sauna and Steam Rooms
- Complimentary Towel Service

SUMMER CAMPS

- FUN NASTICS**
- Gymnastics Programs

OUTDOOR FACILITY ACCESS

- Baseball and Soccer Fields
- Tennis and Sand Volleyball Courts

TV TV TV TV TV

CARDIO AREA

FITNESS CENTER

WALKING TRACK

WALKING TRACK

Circuit Weights & Core Stretching Area



Fitness & Family Fun All in One!

And Much Much More!!