



# April



[www.SeviervilleParksandRec.com](http://www.SeviervilleParksandRec.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>8:30 TRIPLE TREAT</b> Ann Marie 1 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Vickie <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 PURE STRENGTH</b> Ann Marie <b>5:30 CYCLING</b> Danielle <b>6:45 YOGA</b> Jamie	<b>7:30 AWT</b> Karen 2 <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Nicole <b>4:30 CYCLING</b> Vickie <b>5:30 BODY DESIGN</b> Ann Marie <b>6:45 YOGA</b> Ann Marie	<b>8:30 CORE COND. &amp; MORE</b> Vickie 3 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Nicole <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 HIIT</b> Ann Marie <b>5:30 CYCLING</b> Vickie <b>6:00 YOGA</b> Ann Marie	<b>7:30 AWT</b> Vickie 4 <b>8:30 AWT</b> Vickie <b>10:00 SSS</b> Vickie <b>12:30 TOTAL BODY</b> Ann Marie <b>4:30 CYCLING</b> Karen <b>5:30 BODY DESIGN</b> Danielle <b>6:45 YOGA</b> Karen	<b>8:30 BODY DESIGN</b> Karen 5 <b>9:45 YOGA</b> Karen <b>12:00 H2o SHALLOW</b> Karen <b>12:30 HIIT</b> Nicole	<b>8:30 PEDAL &amp; PUMP</b> Nicole <b>10:00—11:30 YOGA</b> Kate
7	<b>8:30 TRIPLE TREAT</b> Vickie 8 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Ann Marie <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 PURE STRENGTH</b> Karen <b>5:30 CYCLING</b> Danielle <b>6:45 YOGA</b> Jamie	<b>7:30 AWT</b> Karen 9 <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Vickie <b>4:30 CYCLING</b> Mandy <b>5:30 BODY DESIGN</b> Danielle <b>6:45 YOGA</b> Ann Marie	<b>8:30 CORE COND. &amp; MORE</b> Nicole 10 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Beth <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 HIIT</b> Mandy <b>5:30 CYCLING</b> Kelly <b>6:00 YOGA</b> Millie	<b>7:30 AWT</b> Vickie 11 <b>8:30 AWT</b> Vickie <b>10:00 SSS</b> Vickie <b>12:30 TOTAL BODY</b> Nicole <b>4:30 CYCLING</b> Karen <b>5:30 BODY DESIGN</b> Kelly <b>6:45 YOGA</b> Karen	<b>8:30 BODY DESIGN</b> Ann Marie 12 <b>9:45 YOGA</b> Ann Marie <b>12:00 H2o SHALLOW</b> Rox <b>12:30 TABATA SCULPT</b> Nicole	<b>8:30 PEDAL &amp; PUMP</b> Mandy <b>10:00—11:30 YOGA</b> Kate
14	<b>8:30 TRIPLE TREAT</b> Millie 15 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Vickie <b>1:00 H2o DEEP</b> Karen <b>1:45 H2o SHALLOW</b> Karen <b>4:30 PURE STRENGTH</b> Nicole <b>5:30 CYCLING</b> Karen <b>6:45 YOGA</b> Jamie	<b>7:30 AWT</b> Karen 16 <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Vickie <b>4:30 CYCLING</b> Ann Marie <b>5:30 BODY DESIGN</b> Ann Marie <b>6:45 YOGA</b> Ann Marie	<b>8:30 CORE COND. &amp; MORE</b> Vickie 17 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Beth <b>1:00 H2o DEEP</b> Marlene <b>1:45 H2o SHALLOW</b> Marlene <b>4:30 HIIT</b> Ann Marie <b>5:30 CYCLING</b> Millie <b>6:00 YOGA</b> Ann Marie	<b>7:30 AWT</b> Vickie 18 <b>8:30 AWT</b> Vickie <b>10:00 SSS</b> Vickie <b>12:30 TOTAL BODY</b> Nicole <b>4:30 CYCLING</b> Danielle <b>5:30 BODY DESIGN</b> Kelly <b>6:45 YOGA</b> Karen	<b>8:30 BODY DESIGN</b> Danielle 19 <b>9:45 YOGA</b> Karen <b>12:00 H2o SHALLOW</b> Karen <b>12:30 HITT</b> Ann Marie	<b>8:30 PEDAL &amp; PUMP</b> Danielle <b>10:00—11:30 YOGA</b> Kate
21	<b>8:30 TRIPLE TREAT</b> Millie 22 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Karen <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 PURE STRENGTH</b> Nicole <b>5:30 CYCLING</b> Kelly <b>6:45 YOGA</b> Jamie	<b>7:30 AWT</b> Vickie 23 <b>8:30 AWT</b> Vickie <b>10:00 SSS</b> Vickie <b>12:30 TOTAL BODY</b> Nicole <b>4:30 CYCLING</b> Mandy <b>5:30 BODY DESIGN</b> Danielle <b>6:45 YOGA</b> Millie	<b>8:30 CORE COND. &amp; MORE</b> Vickie 24 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Beth <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 HIIT</b> Mandy <b>5:30 CYCLING</b> Ann Marie <b>6:00 YOGA</b> Millie	<b>7:30 AWT</b> Karen 25 <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Karen <b>4:30 CYCLING</b> Vickie <b>5:30 BODY DESIGN</b> Danielle <b>6:45 YOGA</b> Ann Marie	<b>8:30 BODY DESIGN</b> Vickie 26 <b>9:45 YOGA</b> Karen <b>12:00 H2o SHALLOW</b> Karen <b>12:30 TABATA SCULPT</b> Nicole	<b>8:30 PEDAL &amp; PUMP</b> Karen <b>10:00—11:30 YOGA</b> Kate
28	<b>8:30 TRIPLE TREAT</b> Vickie 29 <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Nicole <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 PURE STRENGTH</b> Mandy <b>5:30 CYCLING</b> Karen <b>6:45 YOGA</b> Jamie	<b>7:30 AWT</b> Karen 30 <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Vickie <b>4:30 CYCLING</b> Mandy <b>5:30 BODY DESIGN</b> Millie <b>6:45 YOGA</b> Millie	<p><b>CYCLING</b></p> <p>You can reserve a bike for the Cycling Classes by calling 453-5441 one hour prior to class. Please bring a towel and bottled water.</p> <p>Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p> 			