





www.SeviervilleParksandRec.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat								
<p>CYCLING</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> <p>Aerobic Weight Training (AWT)</p> <p>Tue and Thu at 7:30 & 8:30 am.</p> <p>You may call (453-5441) the day prior to class to reserve a spot.</p>			<p>8:30 CORE COND. & MORE Vickie¹</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Mandy</p> <p>5:30 CYCLING Kelly</p> <p>6:00 YOGA Ann Marie</p>	<p>7:30 AWT Vickie</p> <p>8:30 AWT Vickie</p> <p>10:00 SSS Vickie</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Ann Marie</p> <p>5:30 BODY DESIGN Kelly</p> <p>6:45 YOGA Ann Marie</p>	<p>8:30 BODY DESIGN Vickie</p> <p>9:45 YOGA Karen</p> <p>12:00 H2o SHALLOW Karen</p> <p>12:30 HIIT Nicole</p>	<p>8:30 PEDAL & PUMP Nicole</p> <p>10:00—11:30 YOGA Kate</p>								
5	<p>8:30 TRIPLE TREAT Ann Marie⁶</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Vickie</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 PURE STRENGTH Mandy</p> <p>5:30 CYCLING Danielle</p> <p>6:45 YOGA Jamie</p>	6	7	<p>8:30 CORE COND. & MORE Vickie⁸</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Nicole</p> <p>5:30 CYCLING Vickie</p> <p>6:00 YOGA Ann Marie</p>	8	9	<p>7:30 AWT Karen</p> <p>8:30 AWT Karen</p> <p>10:00 SSS Karen</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Mandy</p> <p>5:30 BODY DESIGN Ann Marie</p> <p>6:45 YOGA Ann Marie</p>	10	<p>8:30 BODY DESIGN Karen</p> <p>9:45 YOGA Karen</p> <p>12:00 H2o SHALLOW Rox</p> <p>12:30 TABATA SCULPT Nicole</p>	11	<p>8:30 PEDAL & PUMP Mandy</p> <p>10:00—11:30 YOGA Kate</p>			
	12	<p>8:30 TRIPLE TREAT Millie¹³</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Ann Marie</p> <p>1:00 H2o DEEP Karen</p> <p>1:45 H2o SHALLOW Karen</p> <p>4:30 PURE STRENGTH Mandy</p> <p>5:30 CYCLING Kelly</p> <p>6:45 YOGA Karen</p>	13	7:30 AWT Millie	14	<p>8:30 AWT Millie</p> <p>10:00 SSS Millie</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Karen</p> <p>5:30 BODY DESIGN Danielle</p> <p>6:45 YOGA Karen</p>	15	<p>8:30 CORE COND. & MORE Nicole¹⁵</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Mandy</p> <p>5:30 CYCLING Millie</p> <p>6:00 YOGA Ann Marie</p>	16	<p>7:30 AWT Karen</p> <p>8:30 AWT Karen</p> <p>10:00 SSS Karen</p> <p>12:30 TOTAL BODY Karen</p> <p>4:30 CYCLING Danielle</p> <p>5:30 BODY DESIGN Kelly</p> <p>6:45 YOGA Ann Marie</p>	17	<p>8:30 BODY DESIGN Ann Marie</p> <p>9:45 YOGA Ann Marie</p> <p>12:00 H2o SHALLOW Rox</p> <p>12:30 HIIT Nicole</p>	18	<p>8:30 PEDAL & PUMP Karen</p> <p>10:00—11:30 YOGA Kate</p>
19	<p>8:30 TRIPLE TREAT Millie²⁰</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Millie</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 PURE STRENGTH Nicole</p> <p>5:30 CYCLING Karen</p> <p>6:45 YOGA Jamie</p>	20	7:30 AWT Millie	21	<p>8:30 AWT Millie</p> <p>10:00 SSS Millie</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Mandy</p> <p>5:30 BODY DESIGN Karen</p> <p>6:45 YOGA Karen</p>	22	<p>8:30 CORE COND. & MORE Ann Marie²²</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Ann Marie</p> <p>5:30 CYCLING Kelly</p> <p>6:00 YOGA Millie</p>	23	<p>7:30 AWT Karen</p> <p>8:30 AWT Karen</p> <p>10:00 SSS Karen</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Mandy</p> <p>5:30 BODY DESIGN Danielle</p> <p>6:45 YOGA Ann Marie</p>	24	<p>8:30 BODY DESIGN Danielle</p> <p>9:45 YOGA Karen</p> <p>12:00 H2o SHALLOW Rox</p> <p>12:30 TABATA SCULPT Karen</p>	25	<p>8:30 PEDAL & PUMP Ann Marie</p> <p>10:00—11:30 YOGA Kate</p>	
26		27	7:30 AWT Millie	28	<p>8:30 AWT Millie</p> <p>10:00 SSS Millie</p> <p>12:30 TOTAL BODY Ann Marie</p> <p>4:30 CYCLING Karen</p> <p>5:30 BODY DESIGN Kelly</p> <p>6:45 YOGA Karen</p>	29	<p>8:30 CORE COND. & MORE Ann Marie²⁹</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Mandy</p> <p>5:30 CYCLING Kelly</p> <p>6:00 YOGA Millie</p>	30	<p>7:30 AWT Karen</p> <p>8:30 AWT Karen</p> <p>10:00 SSS Karen</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Kelly</p> <p>5:30 BODY DESIGN Ann Marie</p> <p>6:45 YOGA Ann Marie</p>	31	<p>8:30 BODY DESIGN Danielle</p> <p>9:45 YOGA Karen</p> <p>12:00 H2o SHALLOW Karen</p> <p>12:30 HIIT Nicole</p>			