

June



www.SeviervilleParksandRec.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CYCLING 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. Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit						 DAD ON WHEELS
	2 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Danielle 6:45 YOGA Jamie	3 7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Kelly 6:45 YOGA Karen	4 8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Ann Marie	5 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Danielle 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	6 8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 TABATA SCULPT Nicole	7 8:30 PEDAL & PUMP Nicole 10:00—11:30 YOGA Kate
	9 8:30 TRIPLE TREAT Ann Marie 9:45 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Mandy 5:30 CYCLING Karen 6:45 YOGA Jamie	10 7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Ann Marie 4:30 CYCLING Karen 5:30 BODY DESIGN Danielle 6:45 YOGA Karen	11 8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Ann Marie 5:30 CYCLING Vickie 6:00 YOGA Ann Marie	12 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Kelly 6:45 YOGA Ann Marie	13 8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:30 HIIT Nicole	14 8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Kate & Jamie
	16 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Karen 5:30 CYCLING Danielle 6:45 YOGA Jamie	17 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Kelly 6:45 YOGA Karen	18 8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Ann Marie	19 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Vickie 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	20 8:30 BODY DESIGN Danielle 9:45 YOGA Karen 12:30 TABATA SCULPT Nicole	21 8:30 PEDAL & PUMP Karen 10:00—11:30 YOGA Kate
	23 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Vickie 5:30 CYCLING Danielle 6:45 YOGA Jamie	24 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelly 5:30 BODY DESIGN Danielle 6:45 YOGA Karen	25 8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Millie 6:00 YOGA Ann Marie	26 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Nicole 5:30 BODY DESIGN Kelly 6:45 YOGA Ann Marie	27 8:30 BODY DESIGN Ann Marie 9:45 YOGA Ann Marie 12:30 HIIT Nicole	28 8:30 PEDAL & PUMP Ann Marie 10:00—11:30 YOGA Kate
30	YOGA with Kate & Jamie Saturday, June 15 Join Kate and Jamie for this one very special class! It will be held in the racquetball court, and emphasis will be placed on using the wall as an aid in your yoga practice. This an all levels class.					