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Sevierville
 PARKS AND RECREATION
So much more than a walk in the park.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p style="text-align: center;">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. <u>Beginner cyclists</u>, come to class 10 minutes before class begins to get a proper bike fit</p> <p style="text-align: center;">Aerobic Weight Training (AWT)</p>						1	2
3	4	5	6	7	8	9	
 10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
8:30 TRIPLE TREAT Vickie 10:30 YOGA Kate 12:30 CYCLING Beth 4:30 PURE STRENGTH Nicole	8:30 INTERVAL Danielle 10:30 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Jenny	8:30 BARRE Danielle 10:30 YOGA Kate 12:30 CYCLING Beth 4:30 HIIT Mandy	8:30 INTERVAL Vickie 10:30 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Jenny	8:30 BODY DESIGN Vickie 10:30 YOGA Kate 12:30 HIIT Nicole 4:30 CYCLING Beth			
24	25	26	27	28	29	30	
 MEMORIAL DAY	8:30 INTERVAL Nicole 10:30 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Jenny	8:30 BARRE Nicole 10:30 YOGA Kate 12:30 CYCLING Beth 4:30 HIIT Mandy	8:30 INTERVAL Danielle 10:30 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Mandy	8:30 BODY DESIGN Danielle 10:30 YOGA Kate 12:30 TABATA SCULPT Nicole 4:30 CYCLING Vickie			
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