

2024


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| Sun                                                                                                                                                                                                                                                                                                                                                                    | Mon                                                                                                                                | Tue                                                                                                                                                                                                    | Wed                                                                                                                                                                                                   | Thu                                                                                                                                                         | Fri                                                                                                                            | Sat                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Strength, Stability &amp; Stretch (SSS)</b><br><b>Tuesdays and Thursdays at 11:00 am</b><br>Are you having trouble with your balance? Would you like to tone? Give the SSS Class a try! This workout is the perfect class for those who are just getting started or easing back into a Fitness routine. Class focuses on balance, toning, and flexibility. <b>B</b> |                                                                                                                                    |                                                                                                                                                                                                        | <b>1</b><br>8:30 TRIPLE TREAT Millie<br>10:00 YOGA Kate<br>11:15 RESTORATIVE YOGA Kate<br>12:30 CYCLING Vickie<br>1:00 H2o DEEP Rox<br>1:45 H2o SHALLOW Rox<br>5:30 HIIT Jenny<br>6:30 YOGA Ann Marie | <b>2</b><br>8:30 BARRE Danielle<br>10:00 SSS Millie<br>12:30 TOTAL BODY Karen<br>4:30 CYCLING Vickie<br>5:30 TOTAL BODY Jenny<br>6:30 GENTLE YOGA Ann Marie | <b>3</b><br>8:30 BODY DESIGN Millie<br>10:00 YOGA Teresa<br>12:00 H2o SHALLOW Kim<br>12:30 HIIT Nicole<br>5:00 BARRE Ann Marie | <b>4</b><br>8:30 PEDAL & PUMP Karen |
| <b>5</b><br>8:30 OUT OF BOUNDS Karen<br>10:00 YIN YOGA Kate<br>12:30 CYCLE FUSION Beth<br>1:00 H2o DEEP Kim<br>1:45 H2o SHALLOW Kim<br>4:30 PURE STRENGTH Nicole<br>5:30 CYCLING Mandy<br>6:30 YOGA Jamie                                                                                                                                                              | <b>6</b><br>8:30 BODY DESIGN Vickie<br>10:00 SSS Millie<br>12:30 TOTAL BODY Karen<br>5:30 TOTAL BODY Danielle<br>6:30 YOGA Teresa  | <b>7</b><br>8:30 TRIPLE TREAT Millie<br>10:00 YOGA Kate<br>11:15 RESTORATIVE YOGA Kate<br>12:30 CYCLING Beth<br>1:00 H2o DEEP Rox<br>1:45 H2o SHALLOW Rox<br>5:30 HIIT Jenny<br>6:30 YOGA Ann Marie    | <b>8</b><br>8:30 BARRE Danielle<br>10:00 SSS Vickie<br>12:30 TOTAL BODY Nicole<br>4:30 CYCLING Millie<br>5:30 TOTAL BODY Jenny<br>6:30 GENTLE YOGA Ann Marie                                          | <b>9</b><br>8:30 BODY DESIGN Karen<br>10:00 YOGA Karen<br>12:00 H2o SHALLOW Kim<br>12:30 HIIT Nicole<br>5:00 BARRE Ann Marie                                | <b>10</b><br>8:30 PEDAL & PUMP Mandy                                                                                           | <b>11</b>                           |
| <b>12</b><br>8:30 INTERVAL Millie<br>10:00 YOGA Kate<br>12:30 CYCLE FUSION Beth<br>1:00 H2o DEEP Kim<br>1:45 H2o SHALLOW Kim<br>4:30 PURE STRENGTH Karen<br>5:30 CYCLING Jenny<br>6:30 YOGA Jamie                                                                                                                                                                      | <b>13</b><br>8:30 BODY DESIGN Danielle<br>10:00 SSS Millie<br>12:30 TOTAL BODY Karen<br>5:30 TOTAL BODY Jenny<br>6:30 YOGA Teresa  | <b>14</b><br>8:30 TRIPLE TREAT Millie<br>10:00 YOGA Kate<br>11:15 RESTORATIVE YOGA Kate<br>12:30 CYCLING Millie<br>1:00 H2o DEEP Rox<br>1:45 H2o SHALLOW Rox<br>5:30 HIIT Jenny<br>6:30 YOGA Ann Marie | <b>15</b><br>8:30 BARRE Danielle<br>10:00 SSS Karen<br>12:30 TOTAL BODY Nicole<br>4:30 CYCLING Karen<br>5:30 TOTAL BODY Ann Marie<br>6:30 GENTLE YOGA Ann Marie                                       | <b>16</b><br>8:30 BODY DESIGN Karen<br>10:00 YOGA Karen<br>12:00 H2o SHALLOW Kim<br>12:30 HIIT Nicole<br>5:00 BARRE Ann Marie                               | <b>17</b><br>8:30 PEDAL & PUMP Mandy                                                                                           | <b>18</b>                           |
| <b>19</b><br>8:30 OUT OF BOUNDS Karen<br>10:00 YIN YOGA Kate<br>12:30 CYCLE FUSION Beth<br>1:00 H2o DEEP Kim<br>1:45 H2o SHALLOW Kim<br>4:30 PURE STRENGTH Nicole<br>5:30 CYCLING Mandy<br>6:30 YOGA Jamie                                                                                                                                                             | <b>20</b><br>8:30 BODY DESIGN Danielle<br>10:00 SSS Karen<br>12:30 TOTAL BODY Nicole<br>5:30 TOTAL BODY Jenny<br>6:30 YOGA Teresa  | <b>21</b><br>8:30 TRIPLE TREAT Millie<br>10:00 YOGA Kate<br>11:15 RESTORATIVE YOGA Kate<br>12:30 CYCLING Millie<br>1:00 H2o DEEP Rox<br>1:45 H2o SHALLOW Rox<br>5:30 HIIT Jenny<br>6:30 YOGA Teresa    | <b>22</b><br>8:30 BARRE Nicole<br>10:00 SSS Vickie<br>12:30 TOTAL BODY Karen<br>4:30 CYCLING Vickie<br>5:30 TOTAL BODY Danielle<br>6:30 GENTLE YOGA Teresa                                            | <b>23</b><br>8:30 BODY DESIGN Vickie<br>10:00 YOGA Kate<br>12:00 H2o SHALLOW Kim                                                                            | <b>24</b>                                                                                                                      | <b>25</b>                           |
| <b>26</b><br>                                                                                                                                                                                                                                                                       | <b>27</b><br>8:30 BODY DESIGN Karen<br>10:00 SSS Vickie<br>12:30 TOTAL BODY Nicole<br>5:30 TOTAL BODY Danielle<br>6:30 YOGA Teresa | <b>28</b><br>8:30 TRIPLE TREAT Millie<br>10:00 YOGA Kate<br>11:15 RESTORATIVE YOGA Kate<br>12:30 CYCLING Vickie<br>1:00 H2o DEEP Rox<br>1:45 H2o SHALLOW Rox<br>5:30 HIIT Jenny<br>6:30 YOGA Ann Marie | <b>29</b><br>8:30 BARRE Danielle<br>10:00 SSS Millie<br>12:30 TOTAL BODY Nicole<br>4:30 CYCLING Karen<br>5:30 TOTAL BODY Ann Marie<br>6:30 GENTLE YOGA Ann Marie                                      | <b>30</b><br>8:30 BODY DESIGN Vickie<br>10:00 YOGA Teresa<br>12:00 H2o SHALLOW Kim<br>12:30 HIIT Nicole<br>5:00 BARRE Ann Marie                             | <b>31</b>                                                                                                                      |                                     |