


OCTOBER



www.SeviervilleParksandRec.com

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|---|--------------------|
| | | | | 1 | 2 | 3 |
|  | CYCLING Please bring a towel and bottled water. <i>Beginner cyclists</i> , come to class 10 minutes before class begins to get a proper bike fit | | | 8:30 INTERVAL Vickie 10:30 SSS Vickie 12:30 TOTAL BODY Vickie 5:30 PEDAL & PUMP Kelly | 8:30 BODY DESIGN Vickie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HITT Nicole 5:30 BARRE Millie | 8:30 CYCLING Jenny |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 5:15 PURE STRENGTH Karen 6:30 YOGA Jamie | 8:30 INTERVAL Vickie 10:30 SSS Vickie 12:30 TOTAL BODY Vickie 5:30 PEDAL & PUMP Kelly | 8:30 BARRE Danielle 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 5:15 HIIT Jenny 6:30 YOGA Ann Marie | 8:30 INTERVAL Vickie 10:30 SSS Vickie 12:30 TOTAL BODY Nicole 5:30 PEDAL & PUMP Danielle | 8:30 BODY DESIGN Karen 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole 5:30 CYCLING Kelly | 8:30 CYCLING Mandy |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 8:30 TRIPLE TREAT Vickie 10:30 YOGA Kate 12:30 CYCLING Jenny 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 5:15 PURE STRENGTH Danielle 6:30 YOGA Jamie | 8:30 INTERVAL Karen 10:30 SSS Karen 12:30 TOTAL BODY Karen 5:30 PEDAL & PUMP Jenny | 8:30 BARRE Nicole 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 5:15 HIIT Jenny 6:30 YOGA Ann Marie | 8:30 INTERVAL Millie 10:30 SSS Millie 12:30 TOTAL BODY Nicole 5:30 PEDAL & PUMP Kelly | 8:30 BODY DESIGN Danielle 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HITT Nicole 5:30 BARRE Danielle | 8:30 CYCLING Danielle | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Karen 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 5:15 PURE STRENGTH Nicole 6:30 YOGA Jamie | 8:30 INTERVAL Karen 10:30 SSS Karen 12:30 TOTAL BODY Nicole 5:30 PEDAL & PUMP Jenny | 8:30 BARRE Vickie 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 5:15 HIIT Danielle 6:30 YOGA Ann Marie | 8:30 INTERVAL Millie 10:30 SSS Millie 12:30 TOTAL BODY Vickie 5:30 PEDAL & PUMP Karen | 8:30 BODY DESIGN Millie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole 5:30 CYCLING Jenny | 8:30 CYCLING Jenny | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 5:15 PURE STRENGTH Vickie 6:30 YOGA Jamie | 8:30 INTERVAL Karen 10:30 SSS Karen 12:30 TOTAL BODY Nicole 5:30 PEDAL & PUMP Danielle | 8:30 BARRE Millie 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 5:15 HIIT Jenny 6:30 YOGA Ann Marie | 8:30 INTERVAL Millie 10:30 SSS Millie 12:30 TOTAL BODY Vickie 5:30 PEDAL & PUMP Jenny | 8:30 BODY DESIGN Vickie 10:30 YOGA Karen 12:00 H2o SHALLOW No Instructor 12:30 HITT Karen 5:30 BARRE Danielle | 8:30 CYCLING Danielle | |