

JANUARY



www.SeviervilleParksandRec.com

Sun Mon Tue Wed Thu Fri Sat



BARRE

Wednesdays @ 8:30 am & Fridays at 5:30 pm

Shape & strengthen with elegance as you tone and condition your legs, glutes & core, focusing on form and proper biomechanics. Our 45-minute Barre classes are challenging yet low impact and easy on the joints. Sweat never looked so good!



3	8:30 TRIPLE TREAT Vickie 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW No instructor 2:15 H2o SHALLOW No instructor 4:30 PURE STRENGTH Karen 5:30 CYCLING Jenny 6:30 YOGA Jamie	4	8:30 INTERVAL Karen 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Mandy 5:30 TOTAL BODY Danielle 6:45 YOGA Ann Marie	5	8:30 BARRE Nicole 10:30 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 HIIT Jenny 5:30 CYCLING Kelly 6:30 YOGA Ann Marie	6	8:30 INTERVAL Millie 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Nicole 5:30 TOTAL BODY Kelly 6:45 YOGA Jamie	7	8:30 BODY DESIGN Danielle 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole 5:30 BARRE Millie	8	9	8:30 PEDAL & PUMP Jenny
10	8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Karen 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 CYCLING Jenny 6:30 YOGA Jamie	11	8:30 INTERVAL Karen 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Nicole 5:30 TOTAL BODY Jenny 6:45 YOGA Ann Marie	12	8:30 BARRE Danielle 10:30 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 HIIT Nicole 5:30 CYCLING Kelly 6:30 YOGA Ann Marie	13	8:30 INTERVAL Vickie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Karen 5:30 TOTAL BODY Danielle 6:45 YOGA Karen	14	8:30 BODY DESIGN Millie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole 5:30 BARRE Vickie	15	16	8:30 PEDAL & PUMP Karen
17	8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Jenny 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Karen 5:30 CYCLING Kelly 6:30 YOGA Jamie	18	8:30 INTERVAL Karen 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Vickie 5:30 TOTAL BODY Danielle 6:45 YOGA Ann Marie	19	8:30 BARRE Danielle 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Jenny 6:30 YOGA Ann Marie	20	8:30 INTERVAL Vickie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Nicole 5:30 TOTAL BODY Kelly 6:45 YOGA Jamie	21	8:30 BODY DESIGN Vickie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole 5:30 BARRE Danielle	22	23	8:30 PEDAL & PUMP Nicole
24	8:30 TRIPLE TREAT Karen 10:30 YOGA Karen 12:30 CYCLING Vickie 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Nicole 5:30 CYCLING Kelly 6:30 YOGA Jamie	25	8:30 INTERVAL Millie 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Nicole 5:30 TOTAL BODY Danielle 6:45 YOGA Ann Marie	26	8:30 BARRE Vickie 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 HIIT Jenny 5:30 CYCLING Kelly 6:30 YOGA Ann Marie	27	8:30 INTERVAL Vickie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Karen 5:30 TOTAL BODY Jenny 6:45 YOGA Karen	28	8:30 BODY DESIGN Karen 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole 5:30 BARRE Vickie	29	30	8:30 PEDAL & PUMP Danielle

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CYCLING

Please bring a towel and bottled water.

Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit

