



April



www.SeviervilleParksandRec.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p align="center">CYCLING</p> <p align="center">Please bring a towel and bottled water.</p> <p align="center"><u>Beginner cyclists</u>, come to class 10 minutes before class begins to get a proper bike fit</p> <p align="center">Strength , Stability & Stretch (SSS)</p> <p align="center">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.</p>				<p>1</p> <p>8:30 BARRE Millie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 EXPRESS BARRE Jenny 5:30 TOTAL BODY Kelly 6:45 YOGA Ann Marie</p>	<p>2</p> <p>8:30 BODY DESIGN Ann Marie 10:30 YOGA Ann Marie 12:00 H2o SHALLOW 12:30 HIIT Ann Marie 5:30 BARRE Danielle</p>	<p>3</p> <p>8:30 PEDAL & PUMP Jenny</p>
 <p>4</p>	<p>5</p> <p>8:30 INTERVAL Vickie 10:30 YOGA Kate 12:30 CYCLING Karen 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 PURE STRENGTH Jenny 5:30 CYCLING Kelly 6:30 YOGA Karen</p>	<p>6</p> <p>8:30 BARRE Vickie 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 EXPRESS BARRE Jenny 5:30 TOTAL BODY Ann Marie 6:45 YOGA Ann Marie</p>	<p>7</p> <p>8:30 TRIPLE TREAT Millie 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</p>	<p>8</p> <p>8:30 BARRE Nicole 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Karen 4:30 EXPRESS BARRE Karen 5:30 TOTAL BODY Danielle 6:45 YOGA Jamie</p>	<p>9</p> <p>8:30 BODY DESIGN Danielle 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 CARDIO BARRE Nicole 5:30 BARRE Jenny</p>	<p>10</p> <p>8:30 PEDAL & PUMP Karen</p>	
<p>11</p>	<p>12</p> <p>8:30 INTERVAL Millie 10:30 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Karen 5:30 CYCLING Jenny 6:30 YOGA Jamie</p>	<p>13</p> <p>8:30 BARRE Vickie 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 EXPRESS BARRE Nicole 5:30 TOTAL BODY Mandy 6:45 YOGA Ann Marie</p>	<p>14</p> <p>8:30 TRIPLE TREAT 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 Ann Marie 6:30 YOGA Ann Marie</p>	<p>15</p> <p>8:30 BARRE Millie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 EXPRESS BARRE Danielle 5:30 TOTAL BODY Danielle 6:45 YOGA Jamie</p>	<p>16</p> <p>8:30 BODY DESIGN Vickie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole 5:30 BARRE Ann Marie</p>	<p>17</p> <p>8:30 PEDAL & PUMP Mandy</p>	
<p>18</p>	<p>19</p> <p>8:30 INTERVAL Karen 10:30 YOGA Karen 12:30 CYCLING Karen 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Kelly 6:30 YOGA Jamie</p>	<p>20</p> <p>8:30 BARRE Danielle 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Karen 4:30 EXPRESS BARRE Karen 5:15 CYCLING Ann Marie 5:30 TOTAL BODY Mandy 6:45 YOGA Ann Marie</p>	<p>21</p> <p>8:30 TRIPLE TREAT Millie 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</p>	<p>22</p> <p>8:30 BARRE Danielle 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Nicole 4:30 EXPRESS BARRE Jenny 5:30 TOTAL BODY Karen 6:45 YOGA Karen</p>	<p>23</p> <p>8:30 BODY DESIGN Karen 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 CARDIO BARRE Nicole 5:30 BARRE Jenny</p>	<p>24</p> <p>8:30 PEDAL & PUMP Danielle</p>	
<p>25</p>	<p>26</p> <p>8:30 INTERVAL Karen 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Karen 5:30 CYCLING Vickie 6:30 YOGA Jamie</p>	<p>27</p> <p>8:30 BARRE Danielle 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 EXPRESS BARRE Nicole 5:15 CYCLING Jenny 5:30 TOTAL BODY Ann Marie 6:45 YOGA Ann Marie</p>	<p>28</p> <p>8:30 TRIPLE TREAT Millie 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 Ann Marie 6:30 YOGA Ann Marie</p>	<p>29</p> <p>8:30 BARRE Danielle 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 4:30 EXPRESS BARRE Danielle 5:30 TOTAL BODY Danielle 6:45 YOGA Jamie</p>	<p>30</p> <p>8:30 BODY DESIGN Millie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole 5:30 BARRE Ann Marie</p>		