



www.SeviervilleParksandRec.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>CYCLING</b> Please bring a towel and bottled water. <i>Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</i></p>						<p>8:30 PEDAL &amp; PUMP Danielle</p>
2	<p>8:30 INTERVAL Karen 10:30 YOGA Karen 12:30 CYCLING Nicole 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Jenny 5:30 CYCLING Vickie 6:30 YOGA Jamie</p>	<p>8:30 BARRE Danielle 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 EXPRESS BARRE Jenny 5:15 CYCLING Kelly 5:30 TOTAL BODY Mandy 6:45 YOGA Ann Marie</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>8:30 BARRE Vickie 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 4:30 EXPRESS BARRE Nicole 5:30 TOTAL BODY Ann Marie 6:45 YOGA Karen</p>	<p>8:30 BODY DESIGN Vickie 10:30 YOGA Kate 12:00 H2o SHALLOW No Inst. 12:30 CARDIO BARRE Nicole 5:30 BARRE Ann Marie</p>	<p>8:30 PEDAL &amp; PUMP Mandy</p>
 <p>9</p>	<p>8:30 INTERVAL Vickie 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 Jenny 6:30 YOGA Jamie</p>	<p>8:30 BARRE Vickie 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 EXPRESS BARRE Vickie 5:15 CYCLING Ann Marie 5:30 TOTAL BODY Mandy 6:45 YOGA Ann Marie</p>	<p>8:30 TRIPLE TREAT Millie 10:30 YOGA Vickie 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>8:30 BARRE Millie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 4:30 EXPRESS BARRE Karen 5:30 TOTAL BODY Danielle 6:45 YOGA Jamie</p>	<p>8:30 BODY DESIGN Millie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole 5:30 BARRE Danielle</p>	<p>8:30 PEDAL &amp; PUMP Jenny</p>
16	<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 Kelly 6:30 YOGA Jamie</p>	<p>8:30 BARRE Nicole 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 EXPRESS BARRE Danielle 5:15 CYCLING Ann Marie 5:30 TOTAL BODY Danielle 6:45 YOGA Ann Marie</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 Kelly 6:30 YOGA Ann Marie</p>	<p>8:30 BARRE Danielle 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Jenny 4:30 EXPRESS BARRE Karen 5:30 TOTAL BODY Ann Marie 6:45 YOGA Jamie</p>	<p>8:30 BODY DESIGN Karen 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 CARDIO BARRE Nicole 5:30 BARRE Vickie</p>	<p>8:30 PEDAL &amp; PUMP Mandy</p>
23	<p>8:30 INTERVAL Vickie 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Karen 6:30 YOGA Karen</p>	<p>8:30 BARRE Danielle 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 EXPRESS BARRE Vickie 5:15 CYCLING Jenny 5:30 TOTAL BODY Ann Marie 6:45 YOGA Ann Marie</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>8:30 BARRE Danielle 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 4:30 EXPRESS BARRE Danielle 5:30 TOTAL BODY Danielle 6:45 YOGA Karen</p>	<p>8:30 BODY DESIGN Danielle 10:30 YOGA Karen 12:00 H2o SHALLOW No Inst. 12:30 HIIT Karen 5:30 BARRE Ann Marie</p>	<p>8:30 PEDAL &amp; PUMP Karen</p>
30	 <p>MEMORIAL DAY REMEMBER AND HONOR <b>Closed</b></p>	<p><i>Our Barre classes feature three group class formats that deliver an effective total body barre workout focused on low-impact, high-intensity movements that lift and tone muscles and improve strength, agility and flexibility for every body.</i></p> <p><b>Barre</b> - Shape &amp; strengthen with elegance as you tone and condition your legs, glutes &amp; 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! <b>B-I</b></p> <p><b>Express Barre:</b> features efficient, effective 30-minute workouts that are high-energy and low-impact. Like Barre, the workouts will help you sculpt a lean, strong physique. You will just do it in a shorter amount of time. <b>B-I</b></p> <p><b>Cardio Barre:</b> Cardio the Barre way. Grab your weights and a bar (or chair) to get your sweat on, torch calories, and sculpt a strong, lean body. <b>I</b></p>				