

June



www.SeviervilleParksandRec.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>CYCLING</p> <p>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 BARRE Millie 1 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 EXPRESS BARRE Danielle 5:15 CYCLING Danielle 5:30 TOTAL BODY Kelly 6:45 YOGA Ann Marie</p>	<p>8:30 TRIPLE TREAT Millie 2 10:30 YOGA Vickie 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>8:30 BARRE Vickie 3 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Nicole 4:30 EXPRESS BARRE Jenny 5:30 TOTAL BODY Jenny 6:45 YOGA Karen</p>	<p>8:30 BODY DESIGN Karen 4 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 CARDIO BARRE Nicole 5:30 BARRE Ann Marie</p>	<p>8:30 PEDAL & PUMP Danielle</p>	
6	<p>8:30 INTERVAL Vickie 7 10:30 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Jenny 5:30 CYCLING Karen 6:30 YOGA Jamie</p>	<p>8:30 BARRE Danielle 8 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 EXPRESS BARRE Vickie 5:15 CYCLING Kelly 5:30 TOTAL BODY Ann Marie 6:45 YOGA Ann Marie</p>	<p>8:30 TRIPLE TREAT Vickie 9 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>8:30 BARRE Millie 10 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Jenny 4:30 EXPRESS BARRE Danielle 5:30 TOTAL BODY Danielle 6:45 YOGA Karen</p>	<p>8:30 BODY DESIGN Millie 11 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole 5:30 BARRE Vickie</p>	<p>8:30 PEDAL & PUMP Mandy</p>	
13	<p>8:30 INTERVAL Millie 14 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 Jenny 6:30 YOGA Jamie</p>	<p>8:30 BARRE Danielle 15 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 EXPRESS BARRE Nicole 5:15 CYCLING Ann Marie 5:30 TOTAL BODY Kelly 6:45 YOGA Ann Marie</p>	<p>8:30 TRIPLE TREAT Millie 16 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>8:30 BARRE Danielle 17 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 4:30 EXPRESS BARRE Jenny 5:30 TOTAL BODY Jenny 6:45 YOGA Karen</p>	<p>8:30 BODY DESIGN Danielle 18 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 CARDIO BARRE Nicole 5:30 BARRE Ann Marie</p>	<p>8:30 PEDAL & PUMP Jenny</p>	
	<p>8:30 INTERVAL Millie 21 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Nicole 5:30 CYCLING Karen 6:30 YOGA Jamie</p>	<p>8:30 BARRE Vickie 22 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 EXPRESS BARRE Vickie 5:15 CYCLING Kelly 5:30 TOTAL BODY Danielle 6:45 YOGA Ann Marie</p>	<p>8:30 TRIPLE TREAT Vickie 23 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 24 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Jenny 4:30 EXPRESS BARRE Nicole 5:30 TOTAL BODY Ann Marie 6:45 YOGA Ann Marie</p>	<p>8:30 BODY DESIGN Ann Marie 25 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole 5:30 BARRE Vickie</p>	<p>8:30 PEDAL & PUMP Mandy</p>	
27	<p>8:30 INTERVAL Karen 28 10:30 YOGA Kate 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 Nicole 29 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 EXPRESS BARRE Karen 5:15 CYCLING Danielle 5:30 TOTAL BODY Kelly 6:45 YOGA Karen</p>	<p>8:30 TRIPLE TREAT Millie 30 10:30 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 HIIT Jenny 5:30 CYCLING Kelly 6:30 YOGA Vickie</p>	<p>WATER AEROBICS (H2O)</p> <p>Water Aerobics is a cardiovascular exercise that tones, trims and strengthens muscles, improves flexibility, and builds endurance without putting stress on the joints. Water Aerobics classes are handicap accessible.</p> <p>B-to your own pace</p>			