



2024



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h2>Hikes in the Smokies</h2> <p>Upcoming June hikes: Thursday, 13th & Tuesday, 25th</p>						<p>1</p> <p>8:30 PEDAL & PUMP Mandy</p>
<p>2</p> <p>8:30 INTERVAL Millie 10:00 YIN YOGA Kate 12:30 CYCLE FUSION Beth 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Karen 5:30 CYCLING Jenny 6:30 YOGA Jamie</p>	<p>3</p> <p>8:30 BODY DESIGN Millie 10:00 SSS Karen 12:30 TOTAL BODY Vickie 5:30 TOTAL BODY Danielle 6:30 YOGA Teresa</p>	<p>4</p> <p>8:30 TRIPLE TREAT Karen 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 5:30 HIIT Jenny 6:30 YOGA Ann Marie</p>	<p>5</p> <p>8:30 BARRE Danielle 10:00 SSS Vickie 12:30 TOTAL BODY Karen 4:30 CYCLING Mandy 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie</p>	<p>6</p> <p>8:30 BODY DESIGN Millie 10:00 YOGA Teresa 12:30 HIIT Karen</p>	<p>7</p> <p>8:30 PEDAL & PUMP Ann Marie</p>	
<p>9</p> <p>8:30 OUT OF BOUNDS Vickie 10:00 YOGA Kate 12:30 CYCLE FUSION Beth 12:00 H2o SHALLOW Millie 4:30 PURE STRENGTH Nicole 5:30 CYCLING Jenny 6:30 YOGA Jamie</p>	<p>10</p> <p>8:30 BODY DESIGN Danielle 10:00 SSS Karen 12:30 TOTAL BODY Karen 5:30 TOTAL BODY Jenny 6:30 YOGA Teresa</p>	<p>11</p> <p>8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Karen 12:00 H2o SHALLOW Millie 5:30 HIIT Jenny 6:30 YOGA Karen</p>	<p>12</p> <p>8:30 BARRE Danielle 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Mandy 5:30 TOTAL BODY Danielle 6:30 GENTLE YOGA Jamie</p>	<p>13</p> <p>8:30 BODY DESIGN Karen 10:00 YOGA Karen 12:30 HIIT Nicole</p>	<p>14</p> <p>8:30 PEDAL & PUMP Karen</p>	
<p>16</p> <p>8:30 INTERVAL Karen 10:00 YIN YOGA Kate 12:30 CYCLE FUSION Millie 12:00 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 CYCLING Vickie 6:30 YOGA Jamie</p>	<p>17</p> <p>8:30 BODY DESIGN Millie 10:00 SSS Millie 12:30 TOTAL BODY Vickie 5:30 TOTAL BODY Danielle 6:30 YOGA Teresa</p>	<p>18</p> <p>8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Beth 12:00 H2o SHALLOW Rox 5:30 OUT OF BOUNDS Vickie 6:30 YOGA Teresa</p>	<p>19</p> <p>8:30 BARRE Danielle 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Vickie 5:30 TOTAL BODY Karen 6:30 GENTLE YOGA Karen</p>	<p>20</p> <p>8:30 BODY DESIGN Vickie 10:00 YOGA Karen 12:30 HIIT Nicole</p>	<p>21</p> <p>8:30 PEDAL & PUMP Mandy</p>	
<p>23</p> <p>8:30 OUT OF BOUNDS Millie 10:00 YOGA Kate 12:30 CYCLE FUSION Karen 12:00 H2o SHALLOW Millie 4:30 PURE STRENGTH Mandy 5:30 CYCLING Jenny 6:30 YOGA Jamie</p>	<p>24</p> <p>8:30 BODY DESIGN Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 5:30 TOTAL BODY Jenny 6:30 YOGA Teresa</p>	<p>25</p> <p>8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Vickie 12:00 H2o SHALLOW Millie 5:30 HIIT Jenny 6:30 YOGA Teresa</p>	<p>26</p> <p>8:30 BARRE Nicole 10:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Millie 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie</p>	<p>27</p> <p>8:30 BODY DESIGN Vickie 10:00 YOGA Karen 12:30 HIIT Karen</p>	<p>28</p> <p>8:30 PEDAL & PUMP Jenny</p>	
<p>30</p>	<p>Gentle Yoga - Thursdays @ 6:30 PM</p>  <p>This class will have a style of yoga that involves holding poses for a longer period of time (usually two to five minutes) to target the connective tissues, such as ligaments, joints, bones and fascia, rather than the muscles. It is slower paced, a more meditative and passive practice and is different from the more dynamic styles of yoga." B-I</p>					