

2025



www.SeviervilleParksandRec.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		8:30 BODY DESIGN Karen 10:00 SSS Karen 12:30 TOTAL BODY Kelcey 5:30 TOTAL BODY Jenny 6:30 YOGA Teresa	8:30 TRIPLE TREAT Vickie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Kelsey 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 5:30 BARRE FUSION Jenny 6:30 YOGA Ann Marie	8:30 BARRE Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Karen 4:30 CYCLING Kelsey 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie	8:30 BODY DESIGN Vickie 10:00 YOGA Teresa 12:00 H2o SHALLOW Kim 12:30 HIIT UPPER Kelsey 5:00 BARRE Ann Marie	8:30 PEDAL & PUMP Danielle
6	7	8	9	10	11	12
8:30 INTERVAL Vickie 10:00 YIN YOGA Kate 12:30 BARRE Nicole 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Karen 5:30 CYCLING Jenny 6:30 YOGA Jamie	8:30 BODY DESIGN Vickie 10:00 SSS Millie 12:30 TOTAL BODY Kelsey 5:30 TOTAL BODY Jenny 6:30 YOGA Teresa	8:30 TRIPLE TREAT Milie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Teresa	8:30 BARRE Kelsey 10:00 SSS Kelsey 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 TOTAL BODY Ann Marie 6:30 GENTLE YOGA Ann Marie	8:30 BODY DESIGN Karen 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT LOWER Nicole 5:00 BARRE Ann Marie	8:30-12:00 FREE CLASS SAMPLER Karen, Kelsey, Mandy, Millie & Nicole	
13	14	15	16	17	18	19
8:30 OUT OF BOUNDS Milie 10:00 YOGA Kate 12:30 BARRE Nicole 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Kelsey 5:30 CYCLING Karen 6:30 YOGA Karen	8:30 BODY DESIGN Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Kelsey 5:30 TOTAL BODY Jenny 6:30 YOGA Ann Marie	8:30 TRIPLE TREAT Milie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Ann Marie	8:30 BARRE Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelsey 5:30 TOTAL BODY Jenny 6:30 GENTLE YOGA Teresa	8:30 BODY DESIGN Ann Marie 10:00 YOGA Ann Marie 12:00 H2o SHALLOW Kim 12:30 HIIT UPPER Ann Marie	8:30 PEDAL & PUMP Danielle	
20	21	22	23	24	25	26
8:30 INTERVAL Karen 10:00 YIN YOGA Kate 12:30 BARRE Kelsey 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Nicole 5:30 CYCLING Jenny 6:30 YOGA Jamie	8:30 BODY DESIGN Vickie 10:00 SSS Millie 12:30 TOTAL BODY Karen 5:30 TOTAL BODY Kelsey 6:30 YOGA Teresa	8:30 TRIPLE TREAT Milie 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Ann Marie	8:30 BARRE Nicole 10:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Kelsey 5:30 TOTAL BODY Jenny 6:30 GENTLE YOGA Ann Marie	8:30 BODY DESIGN Nicole 10:00 YOGA Kate 12:00 H2o SHALLOW Kim 12:30 HIIT LOWER Kelsey 5:00 BARRE Ann Marie	8:30 PEDAL & PUMP Mandy	
27	28	29	30	<p>FREE CLASS SAMPLER</p> <p>Join us for a free Class Sampler on Saturday, April 12! For 3 ½ hours of fitness extravaganza! This class will feature five different 30-minute classes formats! From Cycling to Yoga and everything in between! You can participate in one, or all five workouts! Whatever you choose to do, you are guaranteed a great workout!</p>		
8:30 OUT OF BOUNDS Karen 10:00 YOGA Karen 12:30 BARRE Kelsey 1:00 H2o DEEP Kim 1:45 H2o SHALLOW Kim 4:30 PURE STRENGTH Nicole 5:30 CYCLING Jenny 6:30 YOGA Jamie	8:30 BODY DESIGN Millie 10:00 SSS Millie 12:30 TOTAL BODY Kelsey 5:30 TOTAL BODY Jenny 6:30 YOGA Teresa	8:30 TRIPLE TREAT Karen 10:00 YOGA Kate 11:15 RESTORATIVE YOGA Kate 12:30 CYCLING Kelsey 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 MOB. & STRENGTH Mandy 5:30 BARRE FUSION Jenny 6:30 YOGA Ann Marie				