

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>PEDAL N PUMP Saturdays at 8:30 am</p> <p>Can't decide if you want to do cardio or strength? Why not do both! Follow our instructors through a vigorous 30-minute cycle class, then move to the Aerobics Room for a 30-minute lifting session that will help strengthen and sculpt your body. You can reserve a bike for PEDAL N PUMP by calling the Community Center @ 453-5441 on Fridays at 2:00 pm</p> <p><i>For all other cycling classes call 1 hour prior to class to reserve a bike. Please bring a towel and bottled water. Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</i></p> <p>OUTDOORS AQUA HIIT</p> <p>Summer Water Exercise at the Sevierville Family Aquatic Center On Mondays and Wednesdays @ 5:15 starting on June 5th!</p>				<p>1</p> <p>8:30 AWT Karen 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p>2</p> <p>8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 HIIT/LOWER BODY Nicole</p>	<p>3</p> <p>8:30 PEDAL N PUMP Nicole 10:00 YOGA Kate</p>
<p>4</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Vickie 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:15 OUTDOORS AQUA HIIT Karen 5:30 CYCLING Millie 5:30 TABATA SCULPT Danielle 6:30 CARDIO/YOGA FUSION Gloria</p>	<p>5</p> <p>8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 HIIT/LOWER BODY Nicole 4:30 CYCLING Millie 5:30 BODY DESIGN Danielle 6:45 YOGA Ann Marie</p>	<p>6</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Vickie 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Millie 5:30 YOGA Gloria</p>	<p>7</p> <p>8:30 AWT Vickie 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Beth 4:30 CYCLING Danielle 5:30 BODY DESIGN Vickie 6:45 YOGA Ann Marie</p>	<p>8</p> <p>8:30 AWT Karen 9:45 YOGA Karen 12:30 TOTAL BODY Mandy 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Millie 5:15 OUTDOORS AQUA HIIT Karen 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 CARDIO/YOGA FUSION Gloria</p>	<p>9</p> <p>8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Mandy 4:30 HIIT/UPPER BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Mandy 6:45 YOGA Ann Marie</p>	<p>10</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Millie 5:30 YOGA Gloria</p>
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