





www.SeviervilleParksandRec.com

OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat						
<p>CYCLING</p> <p>Please bring a towel and bottled water.</p> <p>Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p> <p>YOGA</p> <p>Friday's 10:00 Yoga class is 1 hour and 15 minutes</p>												
												
					1	2						
					8:30 BODY DESIGN Danielle 10:00 YOGA Karen 12:00 H2o SHALLOW No Inst. 12:30 HIIT Karen 5:30 BARRE Ann Marie	8:30 PEDAL & PUMP Danielle						
3	8:3:0 INTERVAL Millie 10:00 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Jenny 5:30 CYCLING Ann Marie 6:30 YOGA Jamie	4	8:30 BARRE Danielle 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 CYCLING Jenny 5:30 TOTAL BODY Danielle 6:30 YOGA Ann Marie	5	8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Jenny 5:30 CYCLING Vickie 6:30 YOGA Ann Marie	6	8:30 BARRE Millie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 TOTAL BODY Jenny 6:30 YOGA Karen	7	8:30 BODY DESIGN Vickie 10:00 YOGA Karen 12:00 H2o SHALLOW No Inst. 12:30 HIIT Karen 5:30 BARRE Ann Marie	8	9	8:30 PEDAL & PUMP Mandy
10	8:3:0 INTERVAL Karen 10:00 YOGA Kate 12:30 CYCLING Jenny 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Nicole 5:30 CYCLING Danielle 6:30 YOGA Jamie	11	8:30 BARRE Vickie 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Jenny 5:30 TOTAL BODY Jenny 6:30 YOGA Ann Marie	12	8:30 TRIPLE TREAT Vickie 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Jenny 5:30 CYCLING Ann Marie 6:30 YOGA Ann Marie	13	8:30 BARRE Danielle 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 5:30 TOTAL BODY Ann Marie 6:30 YOGA Jamie	14	8:30 BODY DESIGN Danielle 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Karen 5:30 BARRE Ann Marie	15	16	8:30 PEDAL & PUMP Jenny
17	8:3:0 INTERVAL Karen 10:00 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Karen 5:30 CYCLING Jenny 6:30 YOGA Jamie	18	8:30 BARRE Karen 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Vickie 5:30 TOTAL BODY Ann Marie 6:30 YOGA Ann Marie	19	8:30 TRIPLE TREAT Vickie 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Jenny 5:30 CYCLING Ann Marie 6:30 YOGA Ann Marie	20	8:30 BARRE Vickie 9:45 SSS Vickie 11:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 5:30 TOTAL BODY Jenny 6:30 YOGA Karen	21	8:30 BODY DESIGN Millie 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Karen 5:30 BARRE Ann Marie	22	23	8:30 PEDAL & PUMP Mandy
24	8:3:0 INTERVAL Millie 10:00 YOGA Kate 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 12:30 CYCLING Karen 1:00 H2o SHALLOW Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole	25	8:30 BARRE Danielle 9:45 SSS Karen 11:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Jenny 5:30 TOTAL BODY Danielle 6:30 YOGA Ann Marie	26	8:30 TRIPLE TREAT Millie 10:00 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Jenny 5:30 CYCLING Vickie 6:30 YOGA Ann Marie	27	8:30 BARRE Danielle 9:45 SSS Millie 11:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 CYCLING Jenny 5:30 TOTAL BODY Ann Marie 6:30 YOGA Jamie	28	8:30 BODY DESIGN Vickie 10:00 YOGA Karen 12:00 H2o SHALLOW Kim 12:30 HIIT Karen 5:30 BARRE Ann Marie	29	30	8:30 PEDAL & PUMP Karen
31												