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What: Parks and Recreation Online Fitness Classes are a HIIT!

Where: City of Sevierville

When: Ongoing

Since the Community Center is currently closed indefinitely, the fitness program staff has launched online classes available to everyone. The options include the popular HIIT (High Intensity Interval Training) class, Tabata Fitness, Strength, Stability and Stretch class, and many more.

“Our fitness instructors are very excited to offer these classes,” said Parks and Recreation Director Bob Parker.

Residents can participate in the classes free of charge from the safety of their homes. A link to the classes on youtube.com is available [here](#), or you can visit us on Facebook at SeviervilleCommunityCenterAerobicsandFitness.

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