



December 2024

For questions, please call 865-531-5063.

Cost of class is \$5.00 per class. You are welcome to drop in to any except Karns Senior Center and West Knox Senior Center. They ask that you call ahead.

***Please bring a mat. Wear stretchy, comfortable clothing, and proper exercise shoes.**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Central Baptist Church 9:00 Tone & Balance Gina</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>Sequoyah Hills Presbyterian 9:00 Yoga NO CLASS</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p>	<p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>West Knox Senior Center 11:15 Gentle Yoga Wendy</p>	<p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Nancy</p>
9	10	11	12	13
<p>Central Baptist Church 9:00 Tone & Balance Gina</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>Sequoyah Hills Presbyterian 9:00 Yoga NO CLASS</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p>	<p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>West Knox Senior Center 11:15 Gentle Yoga Wendy</p>	<p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Pam</p>

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy Sequoyah Hills Presbyterian 9:00 Yoga NO CLASS	South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam West Knox Senior Center 11:15 Chair Yoga Strength Wendy	West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen West Knox Senior Center 11:15 Gentle Yoga Wendy	Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Tone & Balance Stephanie	South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen Central Baptist Church 9:00 Cardio/Strength/Stretch Pam

No classes 12/23/24 - 1/3/25

**From our family to yours we wish you a restful, peace-filled Merry Christmas and Happy New Year.
We look forward to seeing you back in classes on January 6 2024!!**

COMMUNITY CLASS LOCATIONS.....

- Central Baptist of Bearden, 6300 Deane Hill Dr., Knoxville TN 37919**
- First Baptist of Clinton, 230 N. Charles G. Seivers Blvd, Clinton TN 37716**
- Karns Senior Center, 8042 Oak Ridge Highway, Knoxville TN 37931**
- Sequoyah Hills Presbyterian, 3700 Keowee Ave., Knoxville TN 37919**
- South Knox Senior Center, 6729 Martel Lane, Knoxville TN 37920**
- West Knox Senior Center, 239 Jamestowne Blvd, Suite 1 Farragut TN 37934**