

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.

3 x Senior Center /Strength/Stretch hbitha tist of Clinton /Strength/Stretch Pam x Senior Center r Yoga Strength Vendy	West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen West Knox Senior Center 11:15 Gentle Yoga Wendy	Thursday 5 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/Strete Tabitha West Knox Senior Center 9:00 Cardio/Strength/Strete Karen Central Baptist Church 9:00 Cardio/Strength/Strete
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Monday	Tuesday	Wednesday	Thursday	Friday
Central Baptist Church 9:00 Tone & Balance Gina	South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha	West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen	Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy	South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha
Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy	First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam	West Knox Senior Center 11:15 Gentle Yoga	West Knox Senior Center 11:15 Tone & Balance Stophanio	West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen
Sequoyah Hills Presbyterian 9:00 Yoga NO CLASS	West Knox Senior Center 11:15 Chair Yoga Strength Wendy	Wendy	Stephanie	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