



2022



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
 West Knox County Senior Center, 239 Jamestowne Blvd, Suite 1 Farragut TN 37934
 Karns Senior Center, 8042 Oak Ridge Highway, Knoxville TN 37931
 South Knox Senior Center, 6729 Martel Lane, Knoxville 37920
 West Park Baptist, 8833 Middlebrook Pike, Knoxville 37923

MON	TUE	WED	THU	FRI
<p>For questions please call 374-0457</p> <p>Cost of class is \$5.00 per class and you are welcome to drop in to any</p> <p>Please bring a mat, wear stretchy comfortable clothing and proper exercise shoes</p>		<p>1</p> <p>West Park Baptist 9:00 Cardio/Strength/Stretch Pam</p> <p>West Knox County Senior Center 9:00 Cardio/Strength/Stretch Karen</p>	<p>2</p> <p>Karns Senior Center 9:00 Tone & Balance Nancy</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Gina</p> <p>West Knox County Senior Center 11:15 Chair Yoga Fusion Wendy</p>	<p>3</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox County Senior Center 9:00 Cardio/Strength/Stretch Wendy</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Pam</p>
<p>6</p> <p>Central Baptist Church 9:00 Tone & Balance Gina</p> <p>West Park Baptist 9:00 Cardio/Strength/Stretch Nancy</p>	<p>7</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Pam</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Gina</p> <p>Karns Senior Center 9:00 Tone & Balance Nancy</p> <p>West Knox County Senior Center 11:15 Chair Yoga Fusion Wendy</p>	<p>8</p> <p>West Park Baptist 9:00 Cardio/Strength/Stretch Pam</p> <p>West Knox County Senior Center 9:00 Cardio/Strength/Stretch Karen</p>	<p>9</p> <p>Karns Senior Center 9:00 Tone & Balance Nancy</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Gina</p> <p>West Knox County Senior Center 11:15 Chair Yoga Fusion Wendy</p>	<p>10</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Pam</p> <p>West Knox County Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Gina</p>

MON	TUE	WED	THU	FRI
<p>13</p> <p>Central Baptist Church</p> <p>9:00 Tone & Balance NO CLASS TODAY</p> <p>West Park Baptist</p> <p>9:00 Cardio/Strength/Stretch NO CLASS TODAY</p>	<p>14</p> <p>South Knox Senior Center</p> <p>8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton</p> <p>9:15 Cardio/Strength/Stretch NO CLASS TODAY</p> <p>Karns Senior Center</p> <p>9:00 Tone & Balance Nancy</p> <p>West Knox County Senior Center</p> <p>11:15 Chair Yoga Fusion Wendy</p>	<p>15</p> <p>West Park Baptist</p> <p>9:00 Cardio/Strength/Stretch NO CLASS TODAY</p> <p>West Knox County Senior Center</p> <p>9:00 Cardio/Strength/Stretch Karen</p>	<p>16</p> <p>Karns Senior Center</p> <p>9:00 Tone & Balance Nancy</p> <p>First Baptist of Clinton</p> <p>9:15 Cardio/Strength/Stretch NO CLASS TODAY</p> <p>West Knox County Senior Center</p> <p>11:15 Chair Yoga Fusion Wendy</p>	<p>17</p> <p>South Knox Senior Center</p> <p>8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox County Senior Center</p> <p>9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church</p> <p>9:00 Cardio/Strength/Stretch NO CLASS TODAY</p>
<p>20</p> <p>Central Baptist Church</p> <p>9:00 Tone & Balance Gina</p> <p>West Park Baptist</p> <p>9:00 Cardio/Strength/Stretch NO CLASS TODAY</p>	<p>21</p> <p>South Knox Senior Center</p> <p>8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton</p> <p>9:15 Cardio/Strength/Stretch Pam</p> <p>Karns Senior Center</p> <p>9:00 Tone & Balance Nancy</p> <p>West Knox County Senior Center</p> <p>11:15 Chair Yoga Fusion NO CLASS TODAY</p>	<p>22</p> <p>West Park Baptist</p> <p>9:00 Cardio/Strength/Stretch NO CLASS TODAY</p> <p>West Knox County Senior Center</p> <p>9:00 Cardio/Strength/Stretch Karen</p>	<p>23</p> <p>Karns Senior Center</p> <p>9:00 Tone & Balance Nancy</p> <p>First Baptist of Clinton</p> <p>9:15 Cardio/Strength/Stretch Gina</p> <p>West Knox County Senior Center</p> <p>11:15 Chair Yoga Fusion NO CLASS TODAY</p>	<p>24</p> <p>South Knox Senior Center</p> <p>8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox County Senior Center</p> <p>9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church</p> <p>9:00 Cardio/Strength/Stretch Pam</p>
<p>27</p> <p>Central Baptist Church</p> <p>9:00 Tone & Balance Gina</p> <p>West Park Baptist</p> <p>9:00 Cardio/Strength/Stretch Nancy</p>	<p>28</p> <p>South Knox Senior Center</p> <p>8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton</p> <p>9:15 Cardio/Strength/Stretch Pam</p> <p>Karns Senior Center</p> <p>9:00 Tone & Balance Nancy</p> <p>West Knox County Senior Center</p> <p>11:15 Chair Yoga Fusion Wendy</p>	<p>29</p> <p>West Park Baptist</p> <p>9:00 Cardio/Strength/Stretch Pam</p> <p>West Knox County Senior Center</p> <p>9:00 Cardio/Strength/Stretch Karen</p>	<p>30</p> <p>Karns Senior Center</p> <p>9:00 Tone & Balance Nancy</p> <p>First Baptist of Clinton</p> <p>9:15 Cardio/Strength/Stretch Gina</p> <p>West Knox County Senior Center</p> <p>11:15 Chair Yoga Fusion Wendy</p>	