

February

2023



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
		West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen Sequoyah Hills Presbyterian 10:00 Yoga Michael West Knox Senior Center 11:15 Gentle Yoga Wendy	Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Pilates Wendy	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
6	7	8	9	10
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	West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen
Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy	First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam	Sequoyah Hills Presbyterian 10:00 Yoga Michael	West Knox Senior Center 11:15 Pilates Wendy	Central Baptist Church 9:00 Cardio/Strength/Stretch Pam
Sequoyah Hills Presbyterian 10:00 Yoga Michael	Karns Senior Center 9:00 Tone & Balance Monique	West Knox Senior Center 11:15 Gentle Yoga Wendy		
	West Knox Senior Center 11:15 Chair Yoga Strength Wendy			

13	14	15	16	17	
Central Baptist Church	South Knox Senior Center	West Knox Senior Center	Karns Senior Center	South Knox Senior Center	
9:00 Tone & Balance Gina	8:45 Cardio/Strength/Stretch Tabitha	9:00 Cardio/Strength/Stretch Karen	9:00 Cardio/Strength/Stretch Nancy	8:45 Cardio/Strength/Stretch Tabitha	
7.00 Tone & Balance		3	,		
Varian Sanian Contan	First Baptist of Clinton	Sequoyah Hills Presbyterian	West Knox Senior Center	West Knox Senior Center	
Karns Senior Center	9:15 Cardio/Strength/Stretch Pam	10:00 Yoga Sheila	11:15 Pilates Wendy	9:00 Cardio/Strength/Stretch Karen	
9:00 Cardio/Strength/Stretch Nancy					
	Karns Senior Center	West Knox Senior Center		Central Baptist Church	
Sequoyah Hills Presbyterian	9:00 Tone & Balance Monique	11:15 Gentle Yoga Wendy		9:00 Cardio/Strength/Stretch Pam	
10:00 Yoga Michael					
	West Knox Senior Center				
	11:15 Chair Yoga Strength Wendy				
20	21	22	23	24	
Central Baptist Church	South Knox Senior Center	West Knox Senior Center	Karns Senior Center	South Knox Senior Center	
9:00 Tone & Balance Gina	8:45 Cardio/Strength/Stretch Tabitha	9:00 Cardio/Strength/Stretch Karen	9:00 Cardio/Strength/Stretch Nancy	8:45 Cardio/Strength/Stretch Tabitha	
Karns Senior Center	First Baptist of Clinton	Sequoyah Hills Presbyterian	West Knox Senior Center	West Knox Senior Center	
9:00 Cardio/Strength/Stretch Nancy	9:15 Cardio/Strength/Stretch Pam	10:00 Yoga Michael	11:15 Pilates Wendy	9:00 Cardio/Strength/Stretch Karen	
,		West Knox Senior Center			
Sequoyah Hills Presbyterian	Karns Senior Center	11:15 Gentle Yoga Wendy		Central Baptist Church	
1 ,	9:00 Tone & Balance Monique			9:00 Cardio/Strength/Stretch Pam	
10:00 Yoga Michael	West Vuon Conion Conton				
	West Knox Senior Center				
27	11:15 Chair Yoga Strength Wendy				
27	28	COMMINITY CLASS LOCATIONS			
Central Baptist Church	South Knox Senior Center	COMMUNITY CLASS LOCATIONS			
9:00 Tone & Balance Gina	8:45 Cardio/Strength/Stretch Tabitha	Central Baptist of Bearden, 6300 Deane Hill Dr., Knoxville TN 37919			
	Einst Dantist of Clinton	First Baptist of Clinton, 230 N. Charles G. Seivers Blvd, Clinton TN 37716			
Karns Senior Center	First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam	·			
9:00 Cardio/Strength/Stretch Nancy	7.13 Cardio/Strength/Stretch Pam	Karns Senior Center, 8042 Oak Ridge Highway, Knoxville TN 37931			
	Karns Senior Center	Sequoyah Hills Presbyterian, 3700 Keowee Ave., Knoxville TN 37919			
Sequoyah Hills Presbyterian	9:00 Tone & Balance Monique	South Knox Senior Center, 6729 Martel Lane, Knoxville TN 37920			
10:00 Yoga Michael West Knox Senior Center, 239 Jamestowne Blvd, Suite 1 Fo				uite 1 Farragut TN 37934	
	West Knox Senior Center	Troot Linear Comor Com	,		