



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 |
|--|---|--|--|---|
| | | 1 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 | 2 Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Pilates Wendy | 3 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 Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy Sequoyah Hills Presbyterian 10:00 Yoga Michael | 7 South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam Karns Senior Center 9:00 Tone & Balance Monique West Knox Senior Center 11:15 Chair Yoga Strength Wendy | 8 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 | 9 Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Pilates Wendy | 10 West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen Central Baptist Church 9:00 Cardio/Strength/Stretch Pam |

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| <p>13</p> <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 10:00 Yoga Michael</p> | <p>14</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>Karns Senior Center 9:00 Tone & Balance Monique</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p> | <p>15</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Sequoyah Hills Presbyterian 10:00 Yoga Sheila</p> <p>West Knox Senior Center 11:15 Gentle Yoga Wendy</p> | <p>16</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Pilates Wendy</p> | <p>17</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> |
| <p>20</p> <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 10:00 Yoga Michael</p> | <p>21</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>Karns Senior Center 9:00 Tone & Balance Monique</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p> | <p>22</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Sequoyah Hills Presbyterian 10:00 Yoga Michael</p> <p>West Knox Senior Center 11:15 Gentle Yoga Wendy</p> | <p>23</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Pilates Wendy</p> | <p>24</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> |
| <p>27</p> <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 10:00 Yoga Michael</p> | <p>28</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>Karns Senior Center 9:00 Tone & Balance Monique</p> <p>West Knox Senior Center</p> | <p><u>COMMUNITY CLASS LOCATIONS.....</u></p> <p>Central Baptist of Bearden, 6300 Deane Hill Dr., Knoxville TN 37919</p> <p>First Baptist of Clinton, 230 N. Charles G. Seivers Blvd, Clinton TN 37716</p> <p>Karns Senior Center, 8042 Oak Ridge Highway, Knoxville TN 37931</p> <p>Sequoyah Hills Presbyterian, 3700 Keowee Ave., Knoxville TN 37919</p> <p>South Knox Senior Center, 6729 Martel Lane, Knoxville TN 37920</p> <p>West Knox Senior Center, 239 Jamestowne Blvd, Suite 1 Farragut TN 37934</p> | | |