



# June 2025

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
<p>2</p> <p>Central Baptist Church 9:00 Tone &amp; Balance <b>Gina</b></p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch <b>Nancy</b></p> <p>Sequoyah Hills Presbyterian 9:00 Yoga <b>On hold</b></p> <p>West Knox Senior Center 10:00 SAIL <b>Rachel</b></p>	<p>3</p> <p>Farragut Community Center 8:30 Total Fitness <b>Rachel</b></p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch <b>Tabitha</b></p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch <b>Pam</b></p> <p>West Knox Senior Center 11:15 Chair Yoga Strength <b>Wendy</b></p>	<p>4</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch <b>Karen</b></p> <p>West Knox Senior Center 10:00 SAIL <b>Rachel</b></p> <p>West Knox Senior Center 11:15 Gentle Yoga <b>Wendy</b></p>	<p>5</p> <p>Farragut Community Center 8:30 Total Fitness <b>Rachel</b></p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch <b>Nancy</b></p> <p>West Knox Senior Center 11:15 Tone &amp; Balance <b>Stephanie</b></p>	<p>6</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch <b>Tabitha</b></p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch <b>Rachel</b></p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch <b>Pam</b></p> <p>West Knox Senior Center 10:00 SAIL <b>Rachel</b></p>
<p>9</p> <p>Central Baptist Church 9:00 Tone &amp; Balance <b>Gina</b></p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch <b>Nancy</b></p> <p>Sequoyah Hills Presbyterian 9:00 Yoga <b>On hold</b></p> <p>West Knox Senior Center 10:00 SAIL <b>Rachel</b></p>	<p>10</p> <p>Farragut Community Center 8:30 Total Fitness <b>Rachel</b></p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch <b>Tabitha</b></p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch <b>Pam</b></p> <p>West Knox Senior Center 11:15 Chair Yoga Strength <b>Wendy</b></p>	<p>11</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch <b>Karen</b></p> <p>West Knox Senior Center 10:00 SAIL <b>Rachel</b></p> <p>West Knox Senior Center 11:15 Gentle Yoga <b>Wendy</b></p>	<p>12</p> <p>Farragut Community Center 8:30 Total Fitness <b>Rachel</b></p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch <b>Nancy</b></p> <p>West Knox Senior Center 11:15 Tone &amp; Balance <b>?</b></p>	<p>13</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch <b>Tabitha</b></p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch <b>Karen</b></p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch <b>Pam</b></p> <p>West Knox Senior Center 10:00 SAIL <b>Rachel</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<div>16</div> <div> <b>Central Baptist Church</b>            9:00 Tone &amp; Balance  <b>Gina</b> </div> <div> <b>Karns Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Nancy</b> </div> <div> <b>Sequoyah Hills Presbyterian</b>            9:00 Yoga  <b>No Class</b> </div> <div> <b>West Knox Senior Center</b>            10:00 SAIL  <b>Rachel</b> </div>	<div>17</div> <div> <b>Farragut Community Center</b>            8:30 Total Fitness  <b>Rachel</b> </div> <div> <b>South Knox Senior Center</b>            8:45 Cardio/Strength/Stretch  <b>Tabitha</b> </div> <div> <b>First Baptist of Clinton</b>            9:15 Cardio/Strength/Stretch  <b>Pam</b> </div> <div> <b>West Knox Senior Center</b>            11:15 Chair Yoga Strength  <b>Wendy</b> </div>	<div>18</div> <div> <b>West Knox Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Karen</b> </div> <div> <b>West Knox Senior Center</b>            10:00 SAIL  <b>Rachel</b> </div> <div> <b>West Knox Senior Center</b>            11:15 Gentle Yoga  <b>Wendy</b> </div>	<div>19</div> <div> <b>Farragut Community Center</b>            8:30 Total Fitness  <b>Rachel</b> </div> <div> <b>Karns Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Nancy</b> </div> <div> <b>West Knox Senior Center</b>            11:15 Tone &amp; Balance  <b>Stephanie</b> </div>	<div>20</div> <div> <b>South Knox Senior Center</b>            8:45 Cardio/Strength/Stretch  <b>Tabitha</b> </div> <div> <b>West Knox Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Karen</b> </div> <div> <b>Central Baptist Church</b>            9:00 Cardio/Strength/Stretch  <b>Pam</b> </div> <div> <b>West Knox Senior Center</b>            10:00 SAIL  <b>Rachel</b> </div>
<div>23</div> <div> <b>Central Baptist Church</b>            9:00 Tone &amp; Balance  <b>No Class</b> </div> <div> <b>Karns Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Nancy</b> </div> <div> <b>Sequoyah Hills Presbyterian</b>            9:00 Yoga  <b>On hold</b> </div> <div> <b>West Knox Senior Center</b>            10:00 SAIL  <b>Rachel</b> </div>	<div>24</div> <div> <b>Farragut Community Center</b>            8:30 Total Fitness  <b>Rachel</b> </div> <div> <b>South Knox Senior Center</b>            8:45 Cardio/Strength/Stretch  <b>Tabitha</b> </div> <div> <b>First Baptist of Clinton</b>            9:15 Cardio/Strength/Stretch  <b>Pam</b> </div> <div> <b>West Knox Senior Center</b>            11:15 Chair Yoga Strength  <b>Wendy</b> </div>	<div>25</div> <div> <b>West Knox Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Rachel</b> </div> <div> <b>West Knox Senior Center</b>            10:00 SAIL  <b>Rachel</b> </div> <div> <b>West Knox Senior Center</b>            11:15 Gentle Yoga  <b>Wendy</b> </div>	<div>26</div> <div> <b>Farragut Community Center</b>            8:30 Total Fitness  <b>Rachel</b> </div> <div> <b>Karns Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Nancy</b> </div> <div> <b>West Knox Senior Center</b>            11:15 Tone &amp; Balance  <b>Stephanie</b> </div>	<div>27</div> <div> <b>South Knox Senior Center</b>            8:45 Cardio/Strength/Stretch  <b>Tabitha</b> </div> <div> <b>West Knox Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Rachel</b> </div> <div> <b>Central Baptist Church</b>            9:00 Cardio/Strength/Stretch  <b>Pam</b> </div> <div> <b>West Knox Senior Center</b>            10:00 SAIL  <b>Rachel</b> </div>
<div>30</div> <div> <b>Central Baptist Church</b>            9:00 Tone &amp; Balance  <b>No Class</b> </div> <div> <b>Karns Senior Center</b>            9:00 Cardio/Strength/Stretch  <b>Nancy</b> </div> <div> <b>Sequoyah Hills Presbyterian</b>            9:00 Yoga  <b>On hold</b> </div> <div> <b>West Knox Senior Center</b>            10:00 SAIL  <b>Rachel</b> </div>		<div> <b>COMMUNITY CLASS LOCATIONS.....</b>  <b>Central Baptist of Bearden</b>, 6300 Deane Hill Dr., Knoxville TN 37919  <b>First Baptist of Clinton</b>, 230 N. Charles G. Seivers Blvd, Clinton TN 37716  <b>Karns Senior Center</b>, 8042 Oak Ridge Highway, Knoxville TN 37931  <b>Sequoyah Hills Presbyterian</b>, 3700 Keowee Ave., Knoxville TN 37919  <b>South Knox Senior Center</b>, 6729 Martel Lane, Knoxville TN 37920  <b>West Knox Senior Center</b>, 239 Jamestowne Blvd, Suite 1 Farragut TN 37934  <b>Farragut Community Center</b>, 239 Jamestowne Blvd, Suite 2 Farragut TN 37934         </div>		