



August 2026



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
3 Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy Sequoyah Hills Presbyterian 9:00 Yoga Michael	4 South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam West Knox Senior Center 11:15 Chair Yoga Strength Marti	5 West Knox Senior Center 9:00 Cardio/Strength/Stretch Danielle West Knox Senior Center 11:15 Gentle Yoga Marti	6 Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Tone & Balance Stephanie	7 South Knox Senior Center 8:45 Cardio/Strength/Stretch NO CLASS West Knox Senior Center 9:00 Cardio/Strength/Stretch Pam Central Baptist Church 9:00 Cardio/Strength/Stretch Location Closed
10 Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy Sequoyah Hills Presbyterian 9:00 Yoga Michael	11 South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam West Knox Senior Center 11:15 Chair Yoga Strength Marti	12 West Knox Senior Center 9:00 Cardio/Strength/Stretch Marti West Knox Senior Center 11:15 Gentle Yoga Marti	13 Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Tone & Balance Stephanie	14 South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha West Knox Senior Center 9:00 Cardio/Strength/Stretch Danielle Central Baptist Church 9:00 Cardio/Strength/Stretch Pam

Monday	Tuesday	Wednesday	Thursday	Friday
17 Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy Sequoyah Hills Presbyterian 8:30 Yoga Michael	18 South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam West Knox Senior Center 11:15 Chair Yoga Strength Marti	19 West Knox Senior Center 9:00 Cardio/Strength/Stretch Marti West Knox Senior Center 11:15 Gentle Yoga Marti	20 Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Tone & Balance Stephanie	21 South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha West Knox Senior Center 9:00 Cardio/Strength/Stretch Jennifer Central Baptist Church 9:00 Cardio/Strength/Stretch Pam
24 Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy Sequoyah Hills Presbyterian 8:30 Yoga Michael	25 South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam West Knox Senior Center 11:15 Chair Yoga Strength Marti	26 West Knox Senior Center 9:00 Cardio/Strength/Stretch Danielle West Knox Senior Center 11:15 Gentle Yoga Marti	27 Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Tone & Balance Stephanie	28 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 Nancy
31 Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy Sequoyah Hills Presbyterian 8:30 Yoga Michael	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			