



**May  
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
<p style="text-align: center;"><u>COMMUNITY CLASS LOCATIONS.....</u></p> <p style="text-align: center;"><b>Central Baptist of Bearden</b>, 6300 Deane Hill Dr., Knoxville TN 37919</p> <p style="text-align: center;"><b>First Baptist of Clinton</b>, 230 N. Charles G. Seivers Blvd, Clinton TN 37716</p> <p style="text-align: center;"><b>Karns Senior Center</b>, 8042 Oak Ridge Highway, Knoxville TN 37931</p> <p style="text-align: center;"><b>Sequoyah Hills Presbyterian</b>, 3700 Keowee Ave., Knoxville TN 37919</p> <p style="text-align: center;"><b>South Knox Senior Center</b>, 6729 Martel Lane, Knoxville TN 37920</p> <p style="text-align: center;"><b>West Knox Senior Center</b>, 239 Jamestowne Blvd, Suite 1 Farragut TN 37934</p>				
<p style="text-align: right;">4</p> <p><b>Central Baptist Church</b> 9:00 Tone &amp; Balance Gina</p> <p><b>Karns Senior Center</b> 9:00 Cardio/Strength/Stretch Nancy</p> <p><b>Sequoyah Hills Presbyterian</b> 9:00 Yoga Michael</p>	<p style="text-align: right;">5</p> <p><b>South Knox Senior Center</b> 8:45 Cardio/Strength/Stretch Tabitha</p> <p><b>First Baptist of Clinton</b> 9:15 Cardio/Strength/Stretch Pam</p> <p><b>West Knox Senior Center</b> 11:15 Chair Yoga Strength Marti</p>	<p style="text-align: right;">6</p> <p><b>West Knox Senior Center</b> 9:00 Cardio/Strength/Stretch Karen</p> <p><b>West Knox Senior Center</b> 11:15 Gentle Yoga Marti</p>	<p style="text-align: right;">7</p> <p><b>Karns Senior Center</b> 9:00 Cardio/Strength/Stretch Nancy</p> <p><b>West Knox Senior Center</b> 11:15 Tone &amp; Balance Karen</p>	<p style="text-align: right;">8</p> <p><b>South Knox Senior Center</b> 8:45 Cardio/Strength/Stretch Tabitha</p> <p><b>West Knox Senior Center</b> 9:00 Cardio/Strength/Stretch Karen</p> <p><b>Central Baptist Church</b> 9:00 Cardio/Strength/Stretch Pam</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">11</p> <p><b>Central Baptist Church</b> 9:00 Tone &amp; Balance Gina</p> <p><b>Karns Senior Center</b> 9:00 Cardio/Strength/Stretch Nancy</p> <p><b>Sequoyah Hills Presbyterian</b> 9:00 Yoga Michael</p>	<p style="text-align: right;">12</p> <p><b>South Knox Senior Center</b> 8:45 Cardio/Strength/Stretch Tabitha</p> <p><b>First Baptist of Clinton</b> 9:15 Cardio/Strength/Stretch Pam</p> <p><b>West Knox Senior Center</b> 11:15 Chair Yoga Strength Marti</p>	<p style="text-align: right;">13</p> <p><b>West Knox Senior Center</b> 9:00 Cardio/Strength/Stretch Karen</p> <p><b>West Knox Senior Center</b> 11:15 Gentle Yoga Marti</p>	<p style="text-align: right;">14</p> <p><b>Karns Senior Center</b> NO CLASS TODAY</p> <p><b>West Knox Senior Center</b> 11:15 Tone &amp; Balance Stephanie</p>	<p style="text-align: right;">15</p> <p><b>South Knox Senior Center</b> 8:45 Cardio/Strength/Stretch Tabitha</p> <p><b>West Knox Senior Center</b> 9:00 Cardio/Strength/Stretch Karen</p> <p><b>Central Baptist Church</b> 9:00 Cardio/Strength/Stretch Danielle</p>
<p style="text-align: right;">18</p> <p><b>Central Baptist Church</b> 9:00 Tone &amp; Balance Gina</p> <p><b>Karns Senior Center</b> NO CLASS TODAY</p> <p><b>Sequoyah Hills Presbyterian</b> NO CLASS TODAY</p>	<p style="text-align: right;">19</p> <p><b>South Knox Senior Center</b> 8:45 Cardio/Strength/Stretch Tabitha</p> <p><b>First Baptist of Clinton</b> 9:15 Cardio/Strength/Stretch Pam</p> <p><b>West Knox Senior Center</b> 11:15 Chair Yoga Strength Marti</p>	<p style="text-align: right;">20</p> <p><b>West Knox Senior Center</b> 9:00 Cardio/Strength/Stretch Karen</p> <p><b>West Knox Senior Center</b> 11:15 Gentle Yoga Marti</p>	<p style="text-align: right;">21</p> <p><b>Karns Senior Center</b> 9:00 Cardio/Strength/Stretch Nancy</p> <p><b>West Knox Senior Center</b> 11:15 Tone &amp; Balance Karen</p>	<p style="text-align: right;">22</p> <p><b>South Knox Senior Center</b> 8:45 Cardio/Strength/Stretch Tabitha</p> <p><b>West Knox Senior Center</b> 9:00 Cardio/Strength/Stretch Karen</p> <p><b>Central Baptist Church</b> 9:00 Cardio/Strength/Stretch Pam</p>
<p style="text-align: right;">25</p> <p>No Classes Today</p> 	<p style="text-align: right;">26</p> <p><b>South Knox Senior Center</b> 8:45 Cardio/Strength/Stretch Tabitha</p> <p><b>First Baptist of Clinton</b> 9:15 Cardio/Strength/Stretch Pam</p> <p><b>West Knox Senior Center</b> 11:15 Chair Yoga Strength Marti</p>	<p style="text-align: right;">27</p> <p><b>West Knox Senior Center</b> 9:00 Cardio/Strength/Stretch Karen</p> <p><b>West Knox Senior Center</b> 11:15 Gentle Yoga Marti</p>	<p style="text-align: right;">28</p> <p><b>Karns Senior Center</b> 9:00 Cardio/Strength/Stretch Nancy</p> <p><b>West Knox Senior Center</b> 11:15 Tone &amp; Balance Stephanie</p>	<p style="text-align: right;">29</p> <p><b>South Knox Senior Center</b> 8:45 Cardio/Strength/Stretch Tabitha</p> <p><b>West Knox Senior Center</b> 9:00 Cardio/Strength/Stretch Karen</p> <p><b>Central Baptist Church</b> 9:00 Cardio/Strength/Stretch Pam</p>