



October 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
<u>COMMUNITY CLASS LOCATIONS.....</u> 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			¹ Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy West Knox Senior Center 11:15 Tone & Balance Stephanie	² 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
⁵ Central Baptist Church 9:00 Tone & Balance Sheila Karns Senior Center 9:00 Cardio/Strength/Stretch Pam Sequoyah Hills Presbyterian 8:30 Yoga Michael	⁶ 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	⁷ West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen West Knox Senior Center 11:15 Gentle Yoga Marti	⁸ Karns Senior Center 9:00 Cardio/Strength/Stretch NO CLASS West Knox Senior Center 11:15 Tone & Balance Stephanie	⁹ 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

Monday	Tuesday	Wednesday	Thursday	Friday
12 Central Baptist Church 9:00 Tone & Balance Sheila Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy Sequoyah Hills Presbyterian 8:30 Yoga Michael	13 South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha First Baptist of Clinton 9:15 Cardio/Strength/Stretch Danielle West Knox Senior Center 11:15 Chair Yoga Strength Danielle	14 West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen West Knox Senior Center 11:15 Gentle Yoga Danielle	15 Karns Senior Center 9:00 Cardio/Strength/Stretch NO CLASS West Knox Senior Center 11:15 Tone & Balance Stephanie	16 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
19 Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch NO CLASS Sequoyah Hills Presbyterian 8:30 Yoga Michael	20 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	21 West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen West Knox Senior Center 11:15 Gentle Yoga Marti	22 Karns Senior Center 9:00 Cardio/Strength/Stretch NO CLASS West Knox Senior Center 11:15 Tone & Balance Stephanie	23 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
26 Central Baptist Church 9:00 Tone & Balance Gina Karns Senior Center 9:00 Cardio/Strength/Stretch NO CLASS Sequoyah Hills Presbyterian 8:30 Yoga Marti	27 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 Jenna	28 West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen West Knox Senior Center 11:15 Gentle Yoga Danielle	29 Karns Senior Center 9:00 Cardio/Strength/Stretch NO CLASS West Knox Senior Center 11:15 Tone & Balance Stephanie	30 South Knox Senior Center 8:45 Cardio/Strength/Stretch Karen Central Baptist Church 9:00 Cardio/Strength/Stretch Pam