



March
2024



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><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>				<p>1</p> <p>South Knox Senior Center</p> <p>8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox Senior Center</p> <p>9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church</p> <p>9:00 Cardio/Strength/Stretch Pam</p>
<p>4</p> <p>Central Baptist Church</p> <p>9:00 Tone & Balance Gina</p> <p>Karns Senior Center</p> <p>9:00 Cardio/Strength/Stretch Nancy</p> <p>Sequoyah Hills Presbyterian</p> <p>9:00 Yoga Michael</p>	<p>5</p> <p>South Knox Senior Center</p> <p>8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton</p> <p>9:15 Cardio/Strength/Stretch Pam</p> <p>West Knox Senior Center</p> <p>11:15 Chair Yoga Strength Wendy</p>	<p>6</p> <p>West Knox Senior Center</p> <p>9:00 Cardio/Strength/Stretch Karen</p> <p>Sequoyah Hills Presbyterian</p> <p>10:00 Yoga Sheila</p> <p>West Knox Senior Center</p> <p>11:15 Gentle Yoga Wendy</p>	<p>7</p> <p>Karns Senior Center</p> <p>9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center</p> <p>11:15 Tone & Balance Sheila</p>	<p>8</p> <p>South Knox Senior Center</p> <p>8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox Senior Center</p> <p>9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church</p> <p>9:00 Cardio/Strength/Stretch Pam</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</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 9:00 Yoga Sheila</p>	<p>12</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>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p>	<p>13</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>14</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p>15</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>18</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 9:00 Yoga Michael</p>	<p>19</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>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p>	<p>20</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Sequoyah Hills Presbyterian 10:00 Yoga Jenna</p> <p>West Knox Senior Center 11:15 Gentle Yoga Wendy</p>	<p>21</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p>22</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>25</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 9:00 Yoga Michael</p>	<p>26</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>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p>	<p>27</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>28</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p>29</p> <p>GOOD FRIDAY! NO CLASSES AT THE SENIOR CENTERS.</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Pam</p>