



**June
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
3	4	5	6	7
<p>Central Baptist Church 9:00 Tone & Balance NO CLASS TODAY</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>Sequoyah Hills Presbyterian 9:00 Yoga NO CLASS TODAY</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>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Sequoyah Hills Presbyterian 10:00 Yoga NO CLASS TODAY</p> <p>West Knox Senior Center 11:15 Gentle Yoga Wendy</p>	<p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</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 NO CLASSTODAY</p>
10	11	12	13	14
<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 NO CLASS TODAY</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch NO CLASSTODAY</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p>	<p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Stephanie</p> <p>Sequoyah Hills Presbyterian 10:00 Yoga NO CLASS TODAY</p> <p>West Knox Senior Center 11:15 Gentle Yoga Wendy</p>	<p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</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>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">17</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 NO CLASSTODAY</p>	<p style="text-align: right;">18</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 Jenna</p>	<p style="text-align: right;">19</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch NO CLASSTODAY</p> <p>Sequoyah Hills Presbyterian 10:00 Yoga NO CLASSTODAY</p> <p>West Knox Senior Center 11:15 Gentle Yoga NO CLASSTODAY</p>	<p style="text-align: right;">20</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p style="text-align: right;">21</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 style="text-align: right;">24</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 NO CLASSTODAY</p>	<p style="text-align: right;">25</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 style="text-align: right;">26</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Sequoyah Hills Presbyterian 10:00 Yoga NO CLASSTODAY</p> <p>West Knox Senior Center 11:15 Gentle Yoga Wendy</p>	<p style="text-align: right;">27</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p style="text-align: right;">28</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 Gina</p>

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