



SWIM HOURS  
MONDAY THRU FRIDAY 7:30 TO 3:30

FEBRUARY 2012  
SOUTH KNOXVILLE SENIOR CENTER  
865-573-5843

CENTER HOURS  
MONDAY THRU FRIDAY 7:30 TO 4:30



Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:15 Water Walk 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 12:00 Bridge	2 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	3 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 ROOK 12:15 Line Dance 1:30 Water Aerobics
6 8:15 Water Walk 9:00 Water Aerobics 9:30 BINGO 11:00 Water Aerobics 11:00 Adv. Quilting 1:00 Bridge * 1:00 Humana Orientation 1:30 Water Aerobics <b>*AARP Tax Assistance Begins (by appt.)</b>	7 8:15 Free Swim 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 10:00 Crafts/Beading 11:00 Water Dance 11:00 Tai Chi Beginners 12:30 Tai Chi Advanced 1:00 Rook 1:30 Water Aerobics 2:00 Wii Bowling 2:30 SAIL Class	8 8:15 Water Walk 8:30 Humana New Member Orientation 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 12:00 Bridge	9 7:30 Free Swim 8:15 Water Walk 9:00 Water Aerobics <b>9:00 South Knox Opry</b> <b>*Valentines Day Party @ Opry</b> 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	10 7:30 Free Swim 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 ROOK 11:00 Water Dance 12:15 Line Dance 1:30 Water Aerobics 2:30 SAIL Class
13 8:15 Water Walk 9:00 Water Aerobics 9:30 BINGO 11:00 Water Aerobics 11:00 Adv. Quilting 1:00 Bridge 1:30 Water Aerobics <b>*AARP Tax Assistance</b>	14 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 10:00 Crafts/Beading 11:00 Water Dance 11:00 Tai Chi Beginners 12:30 Tai Chi Advanced 1:00 ROOK 1:30 Water Aerobics 2:00 Wii Bowling 2:30 SAIL Class 	15 8:15 Water Walk 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 12:00 Bridge	16 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	17 8:15 Water Walk 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 Water Dance 11:00 ROOK 12:15 Line Dance 1:30 Water Aerobics 2:30 SAIL Class
20 <b>All Senior Centers closed for President's Day</b> 	21 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 10:00 Crafts/Beading 11:00 Water Dance 11:00 Tai Chi Beginners 12:30 Tai Chi Advanced 1:00 Rook 1:30 Water Aerobics 2:00 Wii Bowling 2:30 SAIL Class	22 8:15 Water Walk <b>9:00 Toenail Trim (by appt.)</b> 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 12:00 Bridge	23 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	24 8:15 Water Walk 9:00 Water Aerobics 10:00 Sit B'Fit 11:00 Yoga 11:00 Water Dance 11:00 ROOK 12:15 Line Dance 1:00 Joymakers Practice 1:30 Water Aerobics 2:30 SAIL Class
27 8:15 Water Walk 9:00 Water Aerobics 9:30 BINGO 11:00 Water Aerobics 11:00 Adv. Quilting *** 1:00 GOSPEL 1:00 Bridge 1:30 Water Aerobics <b>*AARP Tax Assistance</b>	28 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 10:00 Crafts/Beading 11:00 Water Dance 11:00 Tai Chi Beginners 12:30 Tai Chi Advanced 1:00 ROOK 1:30 Water Aerobics 2:00 Wii Bowling 2:30 SAIL Class	29 8:15 Water Walk 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 12:00 Bridge		