


SWIM HOURS
M,W,F 7:30 TO 3:30
T, TH 7:30 TO 6:45

JUNE 2011
SOUTH KNOXVILLE SENIOR CENTER

CENTER HOURS
M,W,F 7:30 TO 4:30
T, TH 7:30 TO 7:00

Monday	Tuesday	Wednesday	Thursday	Friday	
	**Friday, June 10—8:30 a.m.— Diabetes Class **Friday, June 17—8:30 a.m.— Diabetes Class **Wed. , June 22—By Appt. — Toenail Trim		1 9:00 Painting 10:00 Quilting 11:00 Water Aerobics 1:00 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 5:30 Water Aerobics 5:30 Mind and Body Class	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 11:00 Water Dance 1:30 Water Aerobics 2:00 Wii Bowling League **8:30 a.m. Diabetes Class
	6 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	7 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 10:00 Crafts/Sewing 11:00 Tai Chi Beginners 11:00 Water Dance 12:30 Tai Chi Advanced 1:00 ROOK 1:30 Water Aerobics 2:30 Line Dancing 2:30 Aqua Motion Class 5:30 Water Aerobics 5:30 Body Sculpting	8 9:00 Painting 10:00 Quilting 11:00 Water Aerobics 1:00 Bridge	9 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics 5:30 Water Aerobics 5:30 Mind and Body Class	10 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 1:30 Water Aerobics 2:00 Wii Bowling League **8:30 a.m. Diabetes Class
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	27 8:15 Water Walk 9:00 Water Aerobics 9:30 BINGO 11:00 Water Aerobics 11:00 Adv. Quilting 1:00 Bridge 1:00 GOSPEL MUSIC** 1:30 Water Aerobics	28 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 10:00 Crafts/Sewing 11:00 Tai Chi Beginners 11:00 Water Dance 12:30 Tai Chi Advanced 1:00 ROOK 1:30 Water Aerobics 2:30 Line Dancing 2:30 Aqua Motion Class 5:30 Water Aerobics 5:30 Body Sculpting	29 9:00 Painting 10:00 Quilting 11:00 Water Aerobics 1:00 Bridge	30 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics 5:30 Water Aerobics 5:30 Mind and Body Class	