

Lynn View Senior Center Branch Site Schedule

MONDAYS

9:00 A.M. BALANCE AND STABILITY CLASS **NEW**
BRING YOUR OWN STABILITY BALL
11:00 BEGINNING LINE DANCE CLASS
11:30 WALK ACROSS TENNESSEE WALKING PROGRAM
12:15 INTERMEDIATE LINE DANCE CLASS

TUESDAYS

8:30 STEP AEROBICS
9:30 CORE CONDITIONING

WEDNESDAYS

9:00 BALANCE AND STABILITY CLASS
9:00-12:00 SENIOR SERVICES OFFICE OPEN/ MEMBERSHIPS ACCEPTED
11:00-2:00 VOLLEYBALL
2:00-5:00 PICKLEBALL
5:15 BEGINNING LINE DANCE (ADULT EDUCATION) New class beginning June 23
6:30 COUNTRY TWO STEP (ADULT EDUCATION) BEGINNING JUNE 23

THURSDAY

8:30 STEP AEROBICS
9:30 AEROBICS
11:30 WALK ACROSS TENNESSEE WALKING PROGRAM
5:15 ZUMBA FITNESS (ADULT EDUCATION) New class beginning June 10th

FRIDAY

11:00-2:30 VOLLEYBALL
2:30- 6:00 MIXED DOUBLES PICKLEBALL
6:00-8:00 OPEN PICKLEBALL

FREE TRIAL MEMBERSHIP

GOOD THROUGH

JUNE 30, 2010

CALL 423-392-8400

FOR INFORMATION

**SIGN UP FOR
ADULT EDUCATION
CLASSES AT THE
MAIN SENIOR
CENTER OFFICE**

**SULLIVAN COUNTY AGRICULTURAL
EXTENSION OFFICE COOKING**

SEMINAR

WEDNESDAY, JUNE 9, 11:00

**CREATIVE WAYS TO ADD CALCIUM
TO YOUR DIET!**

OPEN MONDAY-FRIDAY

9:00 A.M. UNTIL 2:00 P.M.

**ONE MEMBERSHIP FEE INCLUDES USE OF ALL SENIOR CENTER
FACILITIES AND LOCATIONS**