

Lumpkin County Senior Center

Bring Water & Wear Comfortable Shoes



FITNESS CLASSES*

*Classes may be subject to a fee.

See Fee Schedule or ask any staff member for more information.

PLEASE NOTE:

SilverSneakers INSTRUCTORS MAY SUBSTITUTE FOR ONE ANOTHER

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30am – 10:15am	*SilverSneakers Classic	Angie Elmore
	10:30am – 11:15am	Tai Chi for Health (no charge)	Angie Elmore/Gale Blankenship
Tuesday	9:30am – 10:30am	*SilverSneakers Cardio	Joan Souders
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Wednesday	9:30am – 10:15am	*SilverSneakers Classic	Carol Ann Spooner
	10:30am – 11:15am	Tai Chi for Health (no charge)	Angie Elmore/Gale Blankenship
Thursday	9:30am – 10:30am	*SilverSneakers Cardio	Joan Souders
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Friday	9:30am – 10:15am	*SilverSneakers Classic	Angela Butler-Hackett
	10:30am – 11:15am	Tai Chi for Heart Conditions (no charge)	Gale Blankenship