

Lumpkin County Senior Center

Bring Water & Wear
Comfortable Clothes
and Shoes



FITNESS CLASSES

\$1.50 per class OR Supplemental Medicare Insurance may cover as a benefit
Ask any staff member for assistance in cost determination

PLEASE NOTE:

SilverSneakers INSTRUCTORS MAY SUBSTITUTE FOR ONE ANOTHER

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30am – 10:15am	SilverSneakers Classic	Angie Elmore
	10:30am – 11:00am	Tai Chi – Beginners	Gale Blankenship
	11:00am – 11:30am	Tai Chi - Advanced	Gale Blankenship
Tuesday	9:30am – 10:30am	SilverSneakers Cardio	Joan Souders
Wednesday	9:30am – 10:15am	SilverSneakers Classic	Carol Ann Spooner
	10:30am – 11:00am	Tai Chi – Beginners	Gale Blankenship
	11:00am – 11:30am	Tai Chi - Advanced	Gale Blankenship
Thursday	9:30am – 10:30am	SilverSneakers Cardio	Joan Souders
Friday	9:30am – 10:15am	SilverSneakers Classic	Denyse Vincent Hollingsworth
	10:30am – 11:00am	Tai Chi – Beginners	Gale Blankenship
	11:00am – 11:30am	Tai Chi - Advanced	Gale Blankenship