

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:
 INSTRUCTORS MAY SUBSTITUTE FOR ONE ANOTHER**

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30am – 10:15am	SilverSneakers Classic	Angela Isbell
	11:00am – 12:00am	SilverSneakers Cardio	Janet Barger
Tuesday	9:30am – 10:30am	SilverSneakers Cardio	Joan Souders
	11:30am – 12:15pm	Chair Yoga	Martha Dickerson
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
	11:30am – 12:15pm	Chair Yoga	Martha Dickerson
Friday	9:30am – 10:15am	SilverSneakers Classic	Denyse Hollingsworth
	10:30am – 11:00am	Tai Chi – Beginners	Gale Blankenship
	11:00am – 11:30am	Tai Chi - Advanced	Gale Blankenship