

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: INSTRUCTORS MAY SUBSTITUTE FOR ONE ANOTHER

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30am – 10:15am	*SilverSneakers Classic	John Palmer
	9:45am – 10:15am	Balloon Volleyball (downstairs)	Paula Walker
Tuesday	9:30am – 10:15am	*SilverSneakers Classic	Angie Elmore
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Wednesday	9:45am – 10:00am	Stretch & Flex (chair exercise)	Paula Walker
	10:00am – 10:15am	Inside Walking	Paula Walker
Thursday	9:30am – 10:30am	*SilverSneakers Cardio	Joan Souders
	9:30am – 10:15am	Balloon Volleyball (downstairs)	Paula Walker
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Friday	9:30am – 10:15am	*SilverSneakers Classic	Carol Ann Spooner
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker