

# Fall Classes 2015 Branch Site Schedule

Classes end week of November 16 unless otherwise noted.

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Crochet (Sept 8)

- Tuesday
- 6 week class
- Time: 10:00am-11:00am
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Patterns provided.
- #4 worsted weight yarn and size 8 hook.

## Intermediate Crochet (Sept 8)

- Tuesday
- 6 week class
- Instructor: Susan Egan
- Time: 11:30am-12:30pm
- Cost: \$20.00
- Snowflake pattern

## Art Class (Sept 1)

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Advanced Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Private Personal Training with Chris Hicks

- Call for appointment: 723-9967
- Call for prices

## Artist and Crafters Monthly Breakfast

- 2<sup>nd</sup> Tuesday of each month; no July meeting
- Time: 9:30am
- Location: Lynn View
- Please call for reservation 765-9047

## Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Piloxing

- Tuesday & Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination of Pilates and Kickboxing. It is an intense workout.

## Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

## Pickleball

- Monday & Wednesday
- Time: 10:00am-Noon
- Location: Lynn View

## SilverSneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

## Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

## SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Artisans Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for more information.

765-9047

visit our website

[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)  
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