

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 H hook. Limit 6, Sign up by Sept 4th.

Intermediate Crochet (Sept 8)

- Tuesday
- 6 week class
- Instructor: Susan Egan
- Time: 11:30am-12:30pm
- Cost: \$20.00
- Snowflake pattern, Limit 6, Sign up by Sept 4th.

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

Artist and Crafters Monthly Breakfast

- 2nd Tuesday of each month
- Time: 9:30am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

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

Biscuits and Bingo

- Thursday-October 8
- Time: 10:30am
- Lynn View Cafeteria
- Sponsored by Legacy Home Care

Total Body Workout

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

Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- 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 Facebook page at www.kingsportseniorartisancenter.com