

BEGINNING JUNE 1, 2021

**Lumpkin County
Senior Center**

**Bring Water & Wear
Comfortable Clothes
and Shoes**



FITNESS CLASSES*

***Classes may be subject to a fee.**

See Fee Schedule or ask any staff member for more information.

PLEASE NOTE:

SilverSneakers INSTRUCTORS MAY SUBSTITUTE FOR ONE ANOTHER

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