



# October 2017 Land Classes

For more information please contact Jump Start Staff at 687-4537 or [www.jumpstartknoxville.com](http://www.jumpstartknoxville.com)



Mon	Tue	Wed	Thu	Fri	Sat
2 1:00pm Senior Fit-Faye	3 9:00 am -SilverSneakers ® “Classic” – Faye 10:00am Yoga - Sonji 12:00pm Tai Chi—Laurann 5:30pm Zumba - Bonnie	4 1:00 pm SilverSneakers ® “Classic” – Faye <b>5:30pm B.A.C.K -Jessie</b>	5 9:00am -SilverSneakers ® “Classic” – Faye 10:00am Yoga - Sonji 5:30pm Zumba - Bonnie	6 1:00 pm SilverSneakers ® “Classic” – Rose <b><u>No B.A.C.K Today</u></b>	7 9:00 am Yoga - Sandy
9 1:00 pm Senior Fit - Faye	10 9:00 am -SilverSneakers ® “Classic” – Faye 10:00am Yoga - Sandy 12:00pm Tai Chi—Laurann 5:30pm Zumba - Bonnie	11 1:00 pm SilverSneakers ® “Classic” – Faye <b><u>No B.A.C.K Today</u></b>	12 9:00am -SilverSneakers ® “Classic” – Faye 10:00am Yoga - Sandy 5:30pm Zumba - Bonnie	13 <u>1:00 pm SilverSneakers ®</u> <u>“Classic” – Canceled</u> <b>5:30pm B.A.C.K beginners-Jessie</b>	14 9:00 am Yoga - Sandy
16 1:00 pm Senior Fit - Faye	17 9:00 am -SilverSneakers ® “Classic” – Faye 10:00am Yoga - Sonji 12:00pm Tai Chi—Laurann 5:30pm Zumba - Bonnie	18 1:00 pm SilverSneakers ® “Classic” – Faye <b>5:30pm B.A.C.K-Jessie</b>	19 9:00am -SilverSneakers ® “Classic” – Faye 10:00am Yoga - Sonji 5:30pm Zumba - Bonnie	20 <u>1:00 pm SilverSneakers ®</u> <u>“Classic” – Canceled</u> <b>5:30pm B.A.C.K -Jessie</b>	21 9:00 am Yoga - Sandy
23 1:00 pm Senior Fit - Faye	24 9:00 am -SilverSneakers ® “Classic” – Faye 10:00am Yoga - Sonji 12:00pm Tai Chi—Laurann 5:30pm Zumba - Bonnie	25 1:00 pm SilverSneakers ® “Classic” – Faye <b>5:30pm B.A.C.K -Jessie</b>	26 9:00am -SilverSneakers ® “Classic” – Faye 10:00am Yoga - Sonji 5:30pm Zumba - Bonnie	27 1:00 pm SilverSneakers ® “Classic” – Faye <b>5:30pm B.A.C.K -Jessie</b>	28 9:00 am Yoga - Sandy
30 1:00 pm Senior Fit - Faye	31 9:00 am -SilverSneakers ® “Classic” – Rose 10:00am Yoga - Sonja 12:00pm Tai Chi—Laurann 5:30pm Zumba - Bonnie				