

PROGRAMS AT COMMUNITY CENTERS

FREE!

*unless otherwise indicated



CITY OF KNOXVILLE
Parks and Recreation

MARCH 18 -
MAY 10, 2024
SUBJECT TO CHANGE

#FINDYOURFUN

FITNESS / DANCE

DANCE INTO FITNESS

Mondays

11am-11:45pm

SKCC

12pm-12:45pm

Larry Cox

D'S STRENGTH & CONDITIONING

Tuesdays

11:30am - 12:30pm

12:30pm - 1:30pm

Cal Johnson

DANCING FRIENDS

Mondays

6pm - 8:30pm

Deane Hill

BEGINNER WEIGHT TRAINING

Mon, Tues & Wed

10:30am - 12:30pm

Thursdays

6pm-8:30pm

Dr. E.V. Davidson

WALK INTO FITNESS

Tuesdays

6pm-8:30pm

Cal Johnson

STAY ACTIVE & INDEPENDENT FOR LIFE

Mon, Wed, Fri

10:15am-11:15am

Deane Hill

TAI CHI

Thursdays

10:30am - 12pm

Deane Hill

FITNESS ROOMS

Hours vary by site
Come check out the
NEW equipment!

Cal Johnson, Cecil Webb
Cumberland Estates, Dr. E.V. Davidson
& South Knoxville



GAME NIGHTS/DAYS

SPADES

Mondays

6pm - 8pm

Cal Johnson

TRADING CARD GAMES

Mondays

6pm - 8:30pm

Cumberland Estates

BRIDGE

Wednesdays

10:30am-2:30pm

Cumberland Estates

CLASSIC GAMES

Thursdays

6pm - 8pm

Deane Hill

ACCEPTING PROGRAM PROPOSALS

Now accepting program proposals
for future sessions. Complete QR
Code to get connected!



FAMILY FUN NIGHT

Wednesdays

6:30pm - 8:30pm

West Haven

Visit www.knoxvilletn.gov/recprograms for more information