



Another fabulous year is behind us and we in the Recreation Department are super excited about every thing that's happened this year. We've reached 15 miles in trails throughout

the main Village and Kahite. We had a very successful maintenance shut down, where we installed new flooring and cardio equipment in the exercise room, resurfaced the indoor pool, cleaned and sealed all the tile throughout the facility and much more. The pickleball courts got a fresh coat of paint and Chota tennis fencing was dressed up and the clay tennis courts were laser graded. Not to mention the approval of a new dehumidification unit at the Wellness Center pool and a new Annex facility at the Kahite Activity Center.

Those projects are about to get underway. The Kahite Annex closed on December 23rd to begin preparation there and the indoor pools at the Wellness Center closed on December 27th. We are so excited to get these projects in 2019, as well as the Strategic Master Plan, Chota Pool Renovation and more.



Kahite Annex Classes

During construction, Monday, Wednesday and Friday classes will be held at the Corntassel Church Fellowship Hall. Tuesday and Thursday classes will take place in the exercise room located in the Kahite Clubhouse. The exercise room will be closed during these times.

Learn the Ropes at Weight Equipment Orientations

Orientations on the proper use of the cardiovascular and weight equipment will be provided @ 2 pm on the following days:



January 8th

January 15th

January 22nd

January 29th



We are Beefing up our January Floor Training Schedule for the New Year

Floor trainers are back in 2019 and you will be seeing more of them. Join Bill Butera on Mondays, Tuesday and Wednesdays from 9 am to 11 am. If you are not a early bird, we have a few other chances for you to catch that worm! Throw your questions Jackie Economy's way on Tuesday and Thursday afternoons between 2 pm and 4 pm or on Saturday mornings from 8 am to 11 Am. If you have any questions about how to start or where you are going in your wellness journey this January, our fabulous floors trainers are a great place to start. And it's available to you at no additional charge!

New Yoga Class Coming in 2019

Join Jackie Economy on Thursdays at 5:15 pm beginning January 10th for this new Advancing in Yoga Clinic. This 6-week clinic is geared towards the yoga student who wishes to challenge themselves in a safe environment and push themselves a little bit out of their comfort zone. This class will offer variations of poses to challenge the student at a moderate level, while working on improving core strength, flexibility and balance. Build your confidence as you build your strength and ability.

Knowledge of basic asanas is required.

Tennessee Orthopedic Clinic

TOC offers a FREE onsite injury assessment and home exercise instruction every Wednesday from 10 am-noon at the Wellness Center. Please come by and see us!

BenchMark Physical Therapy

Join one of their BenchMark's Board Certified Orthopedic Specialists on Tuesdays from 10 am to 12 pm for FREE onsite injury assessments.

New Tai Chi Beginning in January

The Taoist Tai Chi Society will be offering a beginning Tai Chi (Taijiquan) class at the Tellico Village Wellness Center starting Thursday, January 3rd @ 10:30 am. Taoist Tai Chi is a slow movement, "internal" form of the ancient Chinese martial art. It is widely recognized increasing flexibility and strength, improving balance, and taming the "busy mind." It can be practiced by people of all ages and physical conditions. For more information, contact Gail Eades at 865-559-6785.

Sign up for Beginning Line Dancing

Regular Line Dancing classes will resume on Thursday, January 3rd. An all NEW Intro to Line Dancing will begin on January 7th at the Wellness Center. This class will meet on Mondays from 2:15 - 3:15 pm & Thursdays from 12:15 – 1 pm. There is an additional \$3 fee for all Line Dance classes, which is paid directly to the instructor. Please call the Wellness Center at 458-7070 to sign up for the January Intro class.

Find Out What Ailes you with Dr. Jessica

Join the folks from Smiley Chiropractic on January 16th at the Wellness Center for free wellness screenings and chair massages.

It's Never Too Early to Make Pavilion Reservations

Are you interested in booking the Kahite or Tugaloo Beach? Contact Larissa Lownsdale at the Chota Rec Center, 458-6779, to book your event today. Reservations for 2018 are now available as well!

