

# Southeast Regional Community Center

5260 Hickory Hollow Parkway Suite 202, Antioch, TN 37013 615-862-8902

<p>Fitness Classes  <b>After School Program</b>                      Gymnasium                      Special Activities                      (\$) – Paid Class</p>	<p><b>Monday Hours:</b> 6:00am-8:30pm</p>	<p><b>Tuesday Hours:</b> 6:00am-8:30pm</p>	<p><b>Wednesday Hours:</b> 6:00am-8:30pm</p>	<p><b>Thursday Hours:</b> 6:00am-8:30pm</p>	<p><b>Friday Hours:</b> 6:00am-7:30pm</p>	<p><b>Saturday Hours:</b> 8:00am-12:00pm</p>
<p><b>Fall 2016 Program Schedule</b></p> <p><u>Facilities Manager</u> Thomas Floyd</p> <p><u>Program Coordinator</u> Angela Simpson</p> <p><u>Recreation Leaders (*)</u> Elona Tribue Robert Sutton Valerie Zavala Brandon Hughes Lauren Branham Charles Watkins Archie Dennard</p> 	<p>6:00am-3:00pm Adult Open Gym (Basketball)</p> <p>3:00pm-6:00pm After School Zone</p> <p>6:00pm-8:00pm Chicago Steppin (Multipurpose #2) w/Troy</p> <p>7:00pm-8:00pm Zumba (\$) w/Kya</p> <p>6:00pm-8:00pm Family Night Gym (Basketball)</p>	<p>6:00am-9:30am Adult Open Gym (Basketball)</p> <p>10:00am-12:00pm Pickleball/Badminton (Gym)</p> <p>10:00am-12:00pm Special Needs Half Court Only (Gym)</p> <p>12:00pm-3:00pm Adult Open Gym Shoot-a-round Half Court Only (Basketball)</p> <p>3:00pm-6:00pm After School Zone</p> <p>6:30pm-7:30pm Zumba(\$) w/Sandy</p> <p>7:30pm-8:30pm Line Dancing (Multipurpose #2) w/3D &amp; Nicki</p> <p>6:00pm-8:00pm Teen Open Gym (13-17) (Basketball)</p>	<p>6:00am-3:00pm Adult Open Gym (Basketball)</p> <p>3:00pm-6:00pm After School Zone</p> <p>5:30pm-6:15pm En P.O.I.N.T.E Beginner Ballet (Ages 3-5) (\$)*</p> <p>6:15pm-7:00pm En P.O.I.N.T.E Beginner Ballet (Ages 6+) (\$)*</p> <p>6:30pm-7:30pm Boot Camp (\$) w/Staff</p> <p>6:30pm-7:30pm Power Yoga(\$) (Multipurpose #2) w/Will</p> <p>6:00pm-8:00pm Adult Open Gym (Basketball)</p>	<p>6:00am-9:30am Adult Open Gym (Basketball)</p> <p>10:00am-12:00pm Tot Time Half Court Only (Gym)</p> <p>10:00am-12:00pm Special Needs Half Court Only (Gym)</p> <p>12:00pm-3:00pm Adult Open Gym Shoot-a-round Half Court Only (Basketball)</p> <p>3:00pm-6:00pm After School Zone</p> <p>6:30pm-7:30pm Zumba(\$) w/Sandy</p> <p>6:30pm-7:30pm Boot Camp(\$) w/Staff</p> <p>6:00pm-8:00pm Pickleball/Badminton (Gym)</p>	<p>6:00am-3:00pm Adult Open Gym (Basketball)</p> <p>3:00pm-6:00pm After School Zone</p> <p>6:15pm-7:15pm Zumba(\$) w/Sandy</p> <p>6:00pm-7:15pm Family Night Gym (Basketball)</p>  <p>@ "Southeast Regional Community Center"</p> <p>www.nashville.gov</p>	<p>8:00am-11:30am Family Time Gym (Basketball)</p> <p>9:00am-10:00am Boot Camp(\$) w/ Staff</p> <p>10:00am-12:00pm Line Dancing w/3D &amp; Nicki</p> <p>11:00am-12:00pm POUND w/Denise</p> <p>8:00am-11:30am Cremona Strings (Multipurpose #3)</p> <p><b>Membership Fees:</b></p> <p><b>Daily Pass</b></p> <p>Adult \$3.00 Daily Teens &amp; Senior \$1.50</p> <p><b>10 Visit Pass</b></p> <p>Adult \$20.00 Teens and Senior \$10.00</p> <p><b>30 Day Pass</b></p> <p>Adult \$30.00 Teens and Senior \$20.00</p> <p><b>10 Pass Fit Card</b></p> <p>\$30.00</p> <p>Teens 13-17 Senior 62 and up</p>

**SUBJECT TO CHANGE**

**Adult Open Gym-** welcomes ages 18 and up to participate in a variety of activities that take place in the gym.

**After School Zone-** Children can participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for these free programs, so advance application is required.

**Badminton-** a racquet sport played by with two opposing players who take positions on opposite halves of a rectangle court divided.

**Boot Camp-** Mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little but further than they would normally push themselves in the gym.

**“Chicago Style Steppin”-** urban dance that originated in Chicago and continues to evolve while defining its unique style.

**Cremona Strings-** string music education program.

**Family Open Gym-** Time for children and their adults to come together and play in the gym.

**Hip Hop Dance-** practice dance moves while following along with instructor in repeating dance moves that involve the entire body.

**Line Dancing-** a form of dance in which dancers line up in a row and follow choreographed pattern of steps to music.

**POUND-** combines easy to follow (and not complex or embarrassing) cardio moves with strength training and drumming. This combo works the entire body, raises the heart rate to a fat burning zone, and forces each move to be as precise as a basic heartbeat.

**Pickle Ball-** is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

**Teen Open Gym-** welcomes ages 13-17 to participate in a variety of activities that take place in the gym.

**Yoga-** Hindu spiritual and ascetic discipline, a part of which includes breath control, simple meditation, and adoption specific bodily postures.

**Zumba-** an aerobic fitness program that combines Latin and international music with dance moves.

#### **The Mission of Metro Board of Parks and Recreation**

To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region’s natural resources.

**\*\*\*Metro Parks does not discriminate on basis of age, race, color, national origin, religion or disability in admission to, access to or operations of its programs, services or activities.**