


# Southeast Regional Community Center

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

| <b>Fitness Classes</b><br><b>After School Program</b><br>Gymnasium<br><b>Special Activities</b><br>(\$) – Paid Class  | <b>Monday Hours:</b><br>6:00am-8:30pm  | <b>Tuesday Hours:</b><br>6:00am-8:30pm   | <b>Wednesday Hours:</b><br>6:00am-8:30pm   | <b>Thursday Hours:</b><br>6:00am-8:30pm   | <b>Friday Hours:</b><br>6:00am-7:30pm   | <b>Saturday Hours:</b><br>8:00am-12:00pm  |
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| <p><b>Winter 2016/2017 Program Schedule</b><br/>(subject to change)</p> <p><u>Facilities Manager</u><br/>Thomas Floyd</p> <p><u>Program Coordinator</u><br/>Angela Simpson</p> <p><u>Recreation Leaders</u><br/>Elona Tribue<br/>Robert Sutton<br/>Brandon Hughes<br/>Lauren Branham<br/>Brittany Phillips<br/>Charles Watkins<br/>Archie Dennard<br/>John Holt</p>  | <p>6:00am-3:00pm<br/>Adult Open Gym (Basketball)</p> <p>12:00pm-1:00pm<br/>Ab Blast (\$) w/Staff</p> <p>3:00pm-6:00pm<br/>After School Zone</p> <p>6:00pm-8:00pm<br/>Chicago Steppin' (Multipurpose #2) w/Troy</p> <p>6:00pm-8:00pm<br/>Pickleball/Badminton Half Court (Gym)</p> <p>6:00pm-8:00pm<br/>Jr. Grizzlies Practice (Half Court)</p> | <p>6:00am-9:30am<br/>Adult Open Gym (Basketball)</p> <p>10:00am-12:00pm<br/>Pickleball/Badminton Half Court (Gym)</p> <p>10:00am-12:00pm<br/>Special Needs Open Gym Half Court (Gym)</p> <p>12:00pm-3:00pm<br/>Adult Open Gym Shoot-A-Round Half Court Only (Basketball)</p> <p>3:00pm-6:00pm<br/>After School Zone</p> <p>6:00pm-8:00pm<br/>Jr. Grizzlies Practice</p> <p>6:30pm-7:30pm<br/>Zumba (\$) w/Sandy</p> <p>7:30pm-8:30pm<br/>Line Dancing (Multipurpose #2) w/3D &amp; Nicki</p> | <p>6:00am-3:00pm<br/>Adult Open Gym (Basketball)</p> <p>3:00pm-6:00pm<br/>After School Zone</p> <p>6:00pm-8:00pm<br/>Jr. Grizzlies Practice</p> <p>5:30pm-7:00pm<br/>En P.O.I.N.T.E. Beginner Ballet (\$)</p> <p>6:30pm-7:30pm<br/>Boot Camp (\$) w/Staff</p> <p>6:30pm-7:30pm<br/>Power Yoga (\$) (Multipurpose #2) w/Will</p> <p>6:00pm-8:00pm<br/>Adult Open Gym (Basketball)</p> | <p>6:00am-9:30am<br/>Adult Open Gym (Basketball)</p> <p>3:00pm-6:00pm<br/>After School Zone</p> <p>10:00am-12:00pm<br/>Tot Time (Gym)</p> <p>12:00pm-3:00pm<br/>Adult Open Gym Shoot-A-Round Half Court Only (Basketball)</p> <p>6:00pm-8:00pm<br/>Jr. Grizzlies Practice</p> <p>6:30pm-7:30pm<br/>Zumba (\$) w/Sandy</p> <p>6:30pm-7:30pm<br/>Boot Camp (\$) w/Staff</p> | <p>6:00am-3:00pm<br/>Adult Open Gym (Basketball)</p> <p>12:00pm-1:00pm<br/>Ab Blast (\$) w/Staff</p> <p>3:00pm-6:00pm<br/>After School Zone</p> <p>6:00pm-7:00pm<br/>Jr. Grizzlies Practice</p> <p>6:15pm-7:15pm<br/>Zumba (\$)</p> <p>6:00pm-7:15pm<br/>Family Night Gym (Half Court)</p> <div data-bbox="1461 1166 1696 1253"> </div> <p>@<br/>"Southeast Regional Community Center"</p> <p>www.nashville.gov</p> | <p>8:00am-12:00pm<br/>Jr. Grizzlies Games</p> <p>8:00am-11:30am<br/>Cremona Strings (Multipurpose Room #3)</p> <p>9:00am-10:00am<br/>Boot Camp (\$) w/Staff</p> <p>10:00am-12:00pm<br/>Line Dancing w/3D &amp; Nicki</p> <hr/> <p><b>Membership Fees:</b></p> <p><b>Daily Pass</b><br/>Adult \$3.00<br/>Teens &amp; Senior \$1.50</p> <p><b>10 Visit Pass</b><br/>Adult \$20.00<br/>Teens &amp; Senior \$10.00</p> <p><b>Monthly Pass</b><br/>Adult \$30.00<br/>Teens &amp; Senior \$20.00</p> <p><b>10 Pass Fit Card</b><br/>\$30.00</p> <p>Teens 13-17<br/>Senior 62 and up</p> |

**Ab Blast-** focuses on working the core muscles along with stretches and cardio. This class is fast paced and will help you turn the flab into ab

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

**After School Program-** Children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications are submitted.

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

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

**Jr. Grizzlies Practice-** The teams from our league will be practicing basketball in the gym. The games take place on Saturday.

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

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

**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.\*\*\***