

# Sevier Park Regional Community Center

3021 Lealand Lane, Nashville, TN 37204 - 615-862-8466

Club Room Dance Studio Gymnasium (\$ – Paid Class)	<b>Monday Hours:</b> 6:00am-8:30pm	<b>Tuesday Hours:</b> 6:00am-8:30pm	<b>Wednesday Hours:</b> 6:00am-8:30pm	<b>Thursday Hours:</b> 6:00am-8:30pm	<b>Friday Hours:</b> 6:00am-7:30pm	<b>Saturday Hours:</b> 8:00am-12:00pm
<p><b>Fall 2016 Program Schedule</b></p> <p><u>Facility Coordinator</u> Vickie Craighead</p> <p><u>Program Coordinator</u> Allison May</p> <p><u>Recreation Leaders</u> Andy Bobdillia Ashley Chatman Marquez Foxx April Manuel Preston Manuel Jermell McIntosh Victoria Richardson Jim Walkden</p> <p><u>Class Instructors</u> Denise Carr Katherine Correa Shameka Freeman William Graham Carla Hart Andrea Howart Summer Lengier Nick Majors Kathy Moore Charturah Smith Nephie Snider Pate Young</p>	<p>6:00-7:00am Boot Camp(\$) (Starting 9/19/16)</p> <p>7:00-9:00am Adult Open Gym (Basketball)</p> <p>9:00-noon Badminton</p> <p>10:30-11:30am Parkinson's Body Movement Awareness w/ Katherine</p> <p>12:30-1:30pm Vinyasa Yoga(\$) w/ Nick</p> <p>3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)</p> <p>5:30-6:30pm Boot Camp(\$) w/ Pate</p> <p>6:30-8:00pm Chicago Style Steppin w/ Carla</p> <p>6:30-8:00pm Ladies Night Basketball Family Open ½ Gym</p>	<p>7:00-9:00am Adult Open Gym (Basketball)</p> <p>10:00-11:00am Senior Strength(\$) w/ Diane</p> <p>10:15-11:15am Power Vinyasa Yoga (\$) w/ Will</p> <p>3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)</p> <p>5:45-6:25pm Barre Blast (\$) w/ Nephie</p> <p>6:30-7:15pm Pound(\$) w/ Kathy</p> <p>6:30-7:30pm Power Vinyasa Yoga(\$) w/ Will</p> <p>6:00-8:00pm Pickleball</p>	<p>6:00-7:00am Boot Camp(\$) w/ Charturah</p> <p>7:00-9:00am Adult Open Gym (Basketball)</p> <p>10:30-11:30am Parkinson's Body Movement Awareness w/ Katherine</p> <p>12:30-1:30pm Vinyasa Yoga(\$) w/ Nick</p> <p>3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)</p> <p>5:30-6:30pm Boot Camp(\$) w/ Pate</p> <p>6:00-7:00pm African Dance (Basics) (ages 15 - adult) Starts Aug 17</p> <p>7:00-8:15pm African Dance (Open Level) (ages 15 - adult) Starts Aug 17</p> <p>6:30-8:00pm Adult Open ½ Gym</p> <p>7:00-8:00pm Dance Fit(\$) w/ Andrea</p>	<p>7:00-9:00am Adult Open Gym (Basketball)</p> <p>10:00-11:00am Senior Strength(\$) w/ Shameka</p> <p>10:00-11:00am Vinyasa Yoga(\$) w/ Summer</p> <p>10:30-11:30am Tot Time (ages 1 to 3) w/ Ashley</p> <p>3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)</p> <p>4:30-5:15pm (\$112.00) Pre-Ballet (6-7 yrs) Aug 18 – Nov 17</p> <p>5:15pm-6:15pm (\$112.00) Beg. Ballet (9-11 yrs) Aug 18 – Nov 17</p> <p>6:00-8:00pm Badminton (Adult)</p> <p>6:30-7:30pm Power Vinyasa Yoga(\$) w/ Will</p>	<p>6:00-7:00am Boot Camp(\$) w/ Charturah</p> <p>7:00-9:00am Adult Open Gym (Basketball)</p> <p>10:00-10:45am Baby Bop (0-12 months) w/ Ashley</p> <p>11:00-12:00 Vinyasa Yoga(\$) w/ Nick</p> <p>1:00-2:00 Gentle Yoga(\$) w/ Nephie</p> <p>3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)</p> <p>6:00-7:15pm Family Open Gym</p> <p><b>***Days Metro Schools are out for breaks the After School Program will run 10:00-4:00. Programs in the gym will be cancelled</b></p>	<p>8:00-10:15am Open ½ Gym (Basketball)</p> <p>8:00-11:45am Family Open GYM ½ GYM</p> <p>8:30-9:30am Creative Parent/Child</p> <p>9:00-10:00 Hatha Yoga(\$) w/ Denise</p> <p>10:00-11:00am Senior Strength(\$) w/ Charturah</p> <p>10:15-11:00 (3-4 ½) (\$104) Creative Movement Aug 20 – Nov 19</p> <p>10:30-11:30am Zumba(\$) w/ Shameka</p> <p>11:00-11:45 (4 ½-5) (\$104) Creative Movement Aug 20 – Nov 19</p> <div data-bbox="1766 1211 1997 1305"> </div> <p>Sevier Park Community Center</p> <div data-bbox="1839 1386 1923 1520"> </div>

## **African Dance**

**After School Program** – A free program for children ages 6 to 14 years old. Mon-Fri. 3:00-6:00pm. Registered children participate in sports, arts, games, etc... Lead by Sevier Park staff.

Beginner Ballet

**Baby Pop**- Free 45 minute class for babies 0-12 months old w/ their Caregivers. Singing, rhyming, and moving. The focus is on nurturing a loving relationship w/ Baby, meeting friends in the community, and having fun.

**Ballet** - Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting. No experience necessary for Pre-Ballet. Placement in Ballet: Beginning II by Metro Dance teacher recommendation. New students must contact the Dance Supervisor for appropriate placement. **Students must be the specified age on Aug 15. Instructor: Michal Christian**

**Barre** -Barre is a 55-minute yoga, pilates, and ballet fusion class designed to kick your bum! You will work your entire body by performing exercises on your yoga mat, at the barre, and in the center with light weights. In this class, your muscles shake and you find your inner strength. Please bring water.

**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 bit further than they would normally push themselves in the gym.

**"Chicago Style Steppin"** - a cultural dance art form with a unique appeal to encourage fun, enhance physical activity and build lasting friendships.

**Creative Movement** - introduces young children to the joy of dance with a blend of movement, music, rhythm, and creative imagery to help them develop a musical ear, locomotor skills and physical coordination in a developmentally appropriate way, all while having fun! **Students must be the specified age on Aug 15. No exceptions. Instructor: Michal Christian**

**Dance Fit** - is a medium-to-high intensity, danced-based cardio fitness class that's FUN. With easy-to-follow choreography & a pop music playlist (Beyoncé, Katy Perry, Usher), you'll experience a challenging workout in a positive & encouraging environment.

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

**Gentle Yoga**- basic yoga poses for all levels combining breath, movement and mindfulness

**Hatha Yoga** – concentrates on physical health and mental health well-being. Uses bodily poses, breathing techniques and meditation to bring about a sound, healthy body and a clear, peaceful mind.

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

**Pre-Ballet**-Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting. No experience necessary.

**Pound** - Channel your inner performer & rock your body with this modern-day fusion of movement and music. Using Ripstix-weighted drumsticks engineered for exercise- POUND transforms drumming into an effective full-body workout.

**Power Vinyasa Yoga** - a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session.

**RAINBOW Dance**- Primary Rainbowdance gathers children, teachers and parents around a parachute to blend storytelling, object lessons, and repetitious movements set to diverse music and improvisation to provide the safe structure necessary for children to develop confidence and find the joy of dancing in a group. *Siblings up to age 5 welcome. Fee includes caregiver.*

**Senior Strength** - An exercise program designed exclusively for older adults to increase strength, endurance and body conditioning.

**TOT Time**- Join us for a fun, active, story-telling, sing-a-long, wiggles and giggles time. This is an adult & tot interactive group for 1-3 year olds & caregivers. 30 minutes-group directed activity/30 minutes-gym free play.

**Vinyasa Yoga** - In this active and lighthearted class, you will transition from pose to pose in a fluid way that moves with the breath. Be prepared to be challenged and to have fun! All levels are welcome!

**West African Dance** - Windship accompanied by 2 drummers. A traditional approach to West African Dance with a warm-up and work on specific rhythms such as Tiriba, Sunun, Guinea Faré... Accent will be on the PLEASURE of learning these wonderful dances while appreciating their beauty and intricacy. **African dance is the original artistic cardio workout !!!**

6 week session : February 1 to March 14 Mondays 6:00-7:15pm. All levels welcome. \$10 walk in fee / \$ 50 for 6 classes

**Zumba** - A fitness program that combines easy-to-follow dance moves to Latin music along with other genres of music. Zumba routines incorporate interval training, alternating fast rhythms and resistance training. Burn up to 800 calories in a one hour workout that will have you sweating and loving it!

**The Mission of the Metropolitan Board of Parks and Recreation** - To provide every citizen of Nashville and Davison County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

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**This schedule is tentative. For more information, contact Vickie Craighead at or 615-862-8466 [vickie.craighead@nashville.gov](mailto:vickie.craighead@nashville.gov).**