

Sevier Park Regional Community Center

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

Club Room Dance Studio Gymnasium (\$ – Paid Class)	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Summer 2016 Program Schedule</p> <p><u>Facility Coordinator</u> Vickie Craighead</p> <p><u>Program Coordinator</u> Allison May</p> <p><u>Recreation Leaders</u> Ashley Chatman LeighAnn Lockwood Marquez Foxx Preston Manuel Jermell McIntosh Victoria Richardson Jim Walkden</p> <p><u>Class Instructors</u> Denise Carr Katherine Correa Shameka Freeman William Graham Carla Hart Summer Lengier Nick Majors Kathy Moore Terrance Quattlebaum Charturah Smith Nephie Snider Pate Young</p>	<p>6:00-7:00am Boot Camp(\$) w/ TQ</p> <p>7:00-9:00am Adult Open Gym (Basketball)</p> <p>9:30-10:30am Gentle Yoga(\$) w/ Nephie</p> <p>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>12:30-1:30pm Vinyasa Yoga(\$) w/ Nick</p> <p>4:00-5:30 Teen / Family Time</p> <p>5:30-6:30pm Boot Camp(\$) w/ Pate</p> <p>4:15-5:00pm Pre-Ballet I/II (\$32) (6-7yr olds) June 20-July 18</p> <p>5:00-6:00pm Ballet: Beginning I/II (\$32) (8-9yr olds) June 20-July 18</p> <p>6:30-8:00pm Chicago Style Steppin(\$3) w/ Carla</p> <p>6:30-8:00pm Volleyball</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 Yoga (\$) w/ Will</p> <p>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>4:00-5:30 Teen / Family Time</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 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>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</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>4:00-5:30 Teen / Family Time</p> <p>5:30-6:30pm Boot Camp(\$) w/ Pate</p> <p>4:30-5:15pm Creative Movement (\$40) (3-5yr olds) June 22-July 20</p> <p>6:00-7:30pm Modern Dance(\$10) (ages 15 - adult) June 1-July 27</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>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>4:00-5:30 Teen / Family Time</p> <p>6:00-8:00pm Badminton (Adult)</p> <p>6:30-7:30pm 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>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>11:15-12:15 Vinyasa Yoga(\$) w/ Nick</p> <p>1:00-2:00 Gentle Yoga(\$) w/ Nephie</p> <p>4:00-5:30 Teen / Family Time</p> <p>6:00-7:15pm Family Open Gym</p>	<p>8:00-10:15am Open ½ Gym (Basketball)</p> <p>8:00-11:45am Family Open GYM ½ GYM</p> <p>9:00-10:00 Vinyasa Yoga(\$) w/ Denise</p> <p>10:00-11:00am Senior Strength(\$) w/ Charturah</p> <p>10:30-11:30am Zumba(\$) w/ Shameka</p> <div data-bbox="1766 911 1997 1008"> </div> <p>Sevier Park Community Center</p> <div data-bbox="1839 1089 1923 1224"> </div>

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

Barre Blast -Barre is a 40-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.

Beginner 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.

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 derived from the "Windy City" of Chicago. Steppin encourages fun, enhances physical activity and builds 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 at least 3 yrs old on the first day of class.

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

Modern Dance - Class starts with a mellow warm-up and adds more athletic intensity as it progresses. Sprinkles of yoga and Pilates mingle with modern and contemporary dance vocabulary, but no previous knowledge is required. We will explore using the floor, hearing the music with our bodies and moving dynamically through space to inspire creativity, playfulness and an overall good time. Instructor: Laurel Desmarais

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.

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

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!

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.