

Southeast Regional Community Center

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

Fitness Classes Summer Program Gymnasium Special Activities (\$) – 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 (subject to change)</p> <p><u>Facilities Manager</u> Thomas Floyd</p> <p><u>Program Coordinator</u> Angela Booker</p> <p><u>Recreation Leaders</u> Elona Tribue Robert Sutton Valerie Zavala Brandon Hughes Lauren Branham Charles Watkins Brandon Shelton Archie Dennard Keith Webb</p> <p><u>Seasonal Recreation Leaders</u> April Manuel Kiera Phillips Sydney Settle</p> <p><u>Seasonal Youth Recreation Leaders</u> DeHaven Hillsman Tryce Lively</p>	<p>6:00am-9:00am Adult Open Gym (Basketball)</p> <p>9:00am-4:00pm Southeast Summer Enrichment Program</p> <p>4:00pm-6:00pm Teen Open Gym (13-17) (Basketball)</p> <p>6:00pm-8:00pm Chicago Steppin' (Multipurpose #2) w/Troy</p> <p>6:00pm-8:00pm Family Night Half Court (Gym)</p> <p>6:30pm-7:30pm Zumba (\$) w/Kyaa Half Court (Gym)</p>	<p>6:00am-9:00am Adult Open Gym (Basketball)</p> <p>8:30am-9:30am Power Yoga(\$) w/Will</p> <p>9:00am-4:00pm Southeast Summer Enrichment Program</p> <p>4:00pm-6:00pm Teen Open Gym (13-17) (Basketball)</p> <p>4:00pm-6:00pm Teen Open Gym (13-17) (Basketball)</p> <p>6:30pm-7:30pm Zumba(\$) w/Sandy</p> <p>6:30pm-7:30pm Zumba(\$) w/Sandy</p> <p>7:30pm-8:30pm Line Dancing (Multipurpose #2) w/3D & Nicki</p>	<p>6:00am-9:00am Adult Open Gym (Basketball)</p> <p>9:00am-4:00pm Southeast Summer Enrichment Program</p> <p>4:00pm-6:00pm Teen Open Gym (13-17) (Basketball)</p> <p>6:30pm-7:30pm Boot Camp (\$) w/SE 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-9:00am Adult Open Gym (Basketball)</p> <p>9:00am-4:00pm Southeast Summer Enrichment Program</p> <p>4:00pm-6:00pm Teen Open Gym (13-17) (Basketball)</p> <p>6:30pm-7:30pm Zumba(\$) w/Sandy</p> <p>6:30pm-7:30pm Boot Camp(\$) w/SE Staff</p> <p>6:00pm-8:00pm Pickle-ball/Badminton (Gym)</p>	<p>6:00am-9:00am Adult Open Gym (Basketball)</p> <p>9:00am-4:00pm Southeast Summer Enrichment Program</p> <p>4:00pm-6:00pm Teen Open Gym (13-17) (Basketball)</p> <p>6:15pm-7:15pm Zumba (\$) w/Kyaa</p> <p>6:00pm-7:15pm Family Night Gym (Basketball)</p> <div data-bbox="1459 1182 1696 1258"> </div> <p>@ "Southeast Regional Community Center"</p> <p>www.nashville.gov</p>	<p>9:00am-10:00am Boot Camp(\$) w/ Lauren</p> <p>10:00am-12:00pm Line Dancing w/3D & Nicki</p> <hr/> <p>Membership Fees:</p> <p>Daily Pass Adult \$3.00 Daily Teens & Senior \$1.50</p> <p>10 Visit Pass Adult \$20.00 Teens and Senior \$10.00</p> <p>Monthly Pass Adult \$30.00 Teens and Senior \$20.00</p> <p>10 Pass Fit Card \$30.00 Teens 13-17 Senior 62 and up</p> <div data-bbox="1795 1084 1915 1266"> </div>

***students must be registered and enrolled in Southeast Summer Enrichment Program*

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

Summer Enrichment 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 were 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.

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!

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.

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