<table>
<thead>
<tr>
<th>Monday Hours: 6:00am-8:30pm</th>
<th>Tuesday Hours: 6:00am-8:30pm</th>
<th>Wednesday Hours: 6:00am-8:30pm</th>
<th>Thursday Hours: 6:00am-8:30pm</th>
<th>Friday Hours: 6:00am-7:30pm</th>
<th>Saturday Hours: 8:00am-12:00pm</th>
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<tbody>
<tr>
<td>Adult Open Gym 6:00am-2:00pm</td>
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<td>After School Program 3:00pm-6:00pm</td>
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<td>Teen Open Gym 2:00pm-5:00pm</td>
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<tr>
<td>Praise Dance (Age 6-14) 5:00pm-6:00pm w/ Enyssa</td>
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<tr>
<td>Girl Scouts (ages 5 &amp; 6) 5:00pm-6:00pm w/ Ms. Brenda</td>
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<tr>
<td>Boy Scouts (ages 10 &amp; Up) 5:00pm-6:00pm w/ Corvon</td>
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<td>Basketball Practice 6:00pm-7:00pm w/ Ashley</td>
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<tr>
<td>Beginner Boot Camp (1/2 Gym) w/ Diego 6:30pm-7:30pm</td>
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<tr>
<td>Zumba ($3) (Dance Studio) 7:00pm-8:00pm</td>
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**Membership Fees:**
- **Daily Pass**
  - Adult $3.00
  - Discounted Rate $1.50
- **10 Visit Gym Pass**
  - Adult $20.00
  - Discounted Rate $10.00
  - (fitness classes NOT included)
- **Monthly Pass**
  - Adult $30.00
  - Discounted Rate $20.00
  - (fitness classes NOT included)
- **Drop-in Class**
  - $3.00
- **10 Pass Class Card**
  - $30.00

**Discount Applies to:**
- Teens 13-17, Seniors 62 and up, Metro Employees, Military Personnel, Disabled, and College Students
- *Must Present Valid ID*

Grizzlie Basketball League starts January 2020

*Youth basketball practice see coaches for more information*
Adult Open Gym- welcomes ages 18 and up to participates in a variety of activities that take place in the gym.

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.

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

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

Walk With Ease- low impact walking, helps to improve strength, stability, flexibility, and injury prevention.

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.

Teen Open Gym- time allotted for teens ages 15 to 17 to occupy the gym, where they can play basketball, badminton, or other fun

Tot Time – children ages 1-4 will participate in sing-a-longs, be read to out loud, do arts & crafts and have motor skill development based activities under parents supervision.

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.***