

Madison Regional Community Center

550 North Dupont Avenue, Madison, TN 37115 615-862-8459

	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>2020 Program Schedule *subject to change</p> <p>Facility Coordinator Anita Gregory-Smith</p> <p>Program Coordinator Christopher White</p> <p>Recreation Leaders Ashley Chatman Ty Juan Card Diego Martinez-Murillo Enyssa Bryson Christian Williams Tony McCrady Leslie Vega</p> 	<p>Indoor Walking Track 6:00am-6:45pm</p> <p>Fitness Center Operation Hours 6am-7pm</p> <p>Zumba (\$4) (gym) w/ Queen 7pm-8pm</p> <p>Starting August 17th Center will be closing at 7pm with the exception of fitness classes due to Essential Worker Support Program</p>	<p>Indoor Walking Track 6:00am-6:45pm</p> <p>Fitness Center Operation Hours 6am-7pm</p> <p>Madison Community Center Info Link: https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Madison-Community-Center.aspx</p> <p>Limited Time Only: Mask Giveaway ask staff member at the front desk</p>	<p>Indoor Walking Track 6:00am-6:45pm</p> <p>Fitness Center Operation Hours 6am-7pm</p> <p>Zumba FIT w/ Ashley (\$4) 7pm-8pm</p> <p>Lobby areas, Meetings Rooms, and, Game Rooms are closed.</p> <p>Phase 3 Guidelines:</p> <p>Patrons will have temperature checked before entry. 100.4 or above will be sent home</p> <p>Face coverings must be worn upon entering the facility.</p> <p>12 patrons in the Fitness Center at a time</p> <p>No open gym</p> <p>8 patrons capacity limit Walking Track at a time.</p> <p>All Cardio Classes will take place in the Gym with 15 capacity limit</p>	<p>Indoor Walking Track 6:00am-6:45pm</p> <p>Fitness Center Operation Hours 6am-7pm</p> <p>Boot Camp w/ Diego (starting 8/6/20) (\$4) 6:30pm-7:30pm</p>	<p>Indoor Walking Track 6:00am-6:45pm</p> <p>Fitness Center Operation Hours 6am-7pm</p>  <p>Follow us on Instagram @ "Madison Community Center"</p>  <p>@ "Madison Community Center Nashville"</p> <p>www.nashville.gov</p>	<p>Zumba FIT w/ Ashley (\$4) 9:00am-10:00am</p> <p>Indoor Walking Track 8:00am-11:45am</p> <p>Membership Fees:</p> <p>Daily Fitness Pass Adult \$3.00 Discounted Rate \$1.50</p> <p>10 Visit Fitness Pass Adult \$20.00 Discounted Rate \$10.00 (fitness classes NOT included)</p> <p>Monthly Fitness Pass Adult \$30.00 Discounted Rate \$20.00 (fitness classes NOT included)</p> <p>Drop-in Class \$3.00</p> <p>10 Pass Cardio Class Card \$30.00</p> <p>*Effective July 1 10 Pass Cardio Class Card-\$40.00</p> <p>Cardio Class Rate - \$4.00</p> <p>Discount Applies to: Teens 13-17, Seniors 62 and up, Metro Employees, Military Personnel, Disabled, and College Students</p> <p>*Must Present Valid ID</p>

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.*****