


# McCabe Park Regional Community Center

101 46<sup>th</sup> Avenue North, Nashville, TN 37209 - 615-862-8457

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>Winter 2019 Program Schedule</b>  <i>“Subject To Change”</i></p> <p><u>Facility Coordinator</u>                      Anthony Cooper</p> <p><u>Program Coordinator</u>                      Cassie Deas</p> <p><u>Recreation Leaders</u>                      Julian Adams                      Christopher Slaughter                      Chelsea Hornbeck                      Zoe Thompson                      Sergei Kamilchu                      Arkee Perkins</p> <p><u>Fitness Class Fee</u>                      \$3.00 per class                      \$30.00 for 10 classes</p> <p><u>Fitness Center Fee</u>                      \$3.00 per visit                      \$20.00 per 10 visits                      \$30.00 per month</p> <p><u>*Discounted Rates</u>                      \$1.50 per visit                      \$10.00 per 10 visits                      \$20.00 per month</p> <p><i>*Discounted rates apply                      to teens ages 13-17,                      Seniors ages 62+,                      college students, &amp;                      military personnel.                      Valid ID required</i></p>	<p>6:00am-8:00am                      Adult Full Court Basketball</p> <p>8:00am-10:00am                      Open Gym</p> <p>9:30am-10:30am                      Pilates Barre Fusion (\$)                       Kathy Moore</p> <p>10:00am-11:00am                      Senior Strength (\$)                       Chelsea</p> <p>11:15-12:15                      Gentle Yoga (\$)                       Ellen Treanor</p> <p>3:00pm-5:30pm                      After School Program</p> <p>6:00pm-7:00pm                      Boot Camp (\$)                       Chelsea Hornbeck</p> <p>6:00pm- 8:00pm                      Pickleball</p> <p>6:30pm-7:30pm                      Yoga (\$)                       Renee Watkins</p>	<p>6:00am-7:00am                      Boot Camp (\$)                       Misty Adfield</p> <p>6:00am-7:00am                      Zumba (\$)                       Janet Duke</p> <p>7:00am-12:00pm                      Open Gym</p> <p>12:00pm-3:00pm                      Adult Full Court Basketball</p> <p>3:00pm-5:30pm                      After School Program</p> <p>7:00-8:00pm                      ½ court open Gym</p>	<p>6:00am-8:00am                      Adult Full Court Basketball</p> <p>8:00am-10:00am                      Open Gym</p> <p>10:00am-11:00am                      Senior Strength (\$)                       Chelsea</p> <p>11:15-12:15                      Gentle Yoga (\$)                       Ellen Treanor</p> <p>3:00pm-5:30pm                      After School Program</p> <p>6:00pm-7:00pm                      Achilles</p> <p>6:00pm-7:00pm                      Boot Camp (\$)                       Chelsea Hornbeck</p> <p>7:00-8:00pm                      ½ court open Gym</p> <p>6:30pm-7:30pm                      Yoga (\$)                       Renee Watkins</p>	<p>6:00am-7:00am                      Boot Camp (\$)                       Misty Adfield</p> <p>6:00am-7:00am                      Zumba (\$)                       Janet Duke</p> <p>7:00am-12:00pm                      Open Gym</p> <p>12:00pm-3:00pm                      Adult Full Court Basketball</p> <p>3:00pm-5:30pm                      After School Program</p> <p>6:00pm-8:00pm                      Adult Full Court Basketball</p>	<p>6:00am-8:00am                      Adult Full Court Basketball</p> <p>8:00am-10:00am                      Open Gym</p> <p>10:00am-11:00am                      Senior Strength (\$)                       Chelsea</p> <p>11:15-12:15                      Gentle Yoga (\$)                       Ellen Treanor</p> <p>11:00pm-3:00pm                      Adult Full Court Basketball</p> <p>3:00pm-5:30pm                      After School Program</p> <p>5:30pm-7:15pm                      ½ court Open Gym</p>	<p>8:00am-9:30pm                      Family Basketball</p> <p>9:30am-10:30am                      Zumba (\$)                       Janet Duke</p> <p>10:30am-12:00pm                      Full Court Basketball</p> <p>10:45am-11:45am                      Yoga (\$)                       Barbara Burgess</p> <p>*****                      When Metro Nashville                      Schools are out for breaks,                      the After-School Program                      will be from 10AM-4PM.                      Ages 6-14.                      *****</p> 

Schedule is subject to change