<table>
<thead>
<tr>
<th>Day</th>
<th>Hours:</th>
<th>Monday Activities</th>
<th>Tuesday Activities</th>
<th>Wednesday Activities</th>
<th>Thursday Activities</th>
<th>Friday Activities</th>
<th>Saturday Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6:00am-8:30pm</td>
<td>Re-Opening: Phase 3 Program Schedule</td>
<td>Program Coordinator</td>
<td>Facility Coordinator</td>
<td>Recreation Facility</td>
<td>Weekend Activities</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00-9:00am Adult Open Gym</td>
<td>Adult Open Gym (Basketball)</td>
<td>Adult Open Gym (Basketball)</td>
<td>Adult Open Gym (Basketball)</td>
<td>Adult Open Gym (Basketball)</td>
<td>Adult Open Gym (Basketball)</td>
<td>Adult Open Gym (Basketball)</td>
</tr>
<tr>
<td></td>
<td>9:00am-noon Badminton</td>
<td>9:00-10:00am Power Vinyasa Yoga ($) w/ Will</td>
<td>6:00am-9:30am Adult Open Gym w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-9:00am Adult Open Gym w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-10:15am Adult Open Jr Gym</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30-11:30am Parkinson's Body Movement Awareness w/Katherine</td>
<td>10:30-11:30am Parkinson's Body Movement Awareness w/Katherine</td>
<td>10:00-11:00am Vinyasa Yoga ($) w/ Renee</td>
<td>9:00-9:00am Adult Open Gym w/ Charturah</td>
<td>9:00-11:00am Pickleball</td>
<td>8:00-11:45am Family Open Gym Jr Gym</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:00-2:00pm Family &amp; Adult Open Gym</td>
<td>9:30am-10:30am Senior Strength ($) w/ Myk</td>
<td>9:30am-10:30am Senior Strength ($) w/ Charturah</td>
<td>9:30am-10:30am Senior Strength ($) w/ Shameka</td>
<td>9:00-9:00am Adult Open Gym w/ Charturah</td>
<td>8:30-9:30am Vinyasa Yoga ($) w/ Renee</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6:00pm-7:00pm Boot Camp ($) w/ Myk</td>
<td>10:45am-11:45am Tai Chi for Beginners ($) w/ Jen Jen</td>
<td>10:00-11:00am Vinyasa Yoga ($) w/ Renee</td>
<td>10:45am-11:45am Tai Chi for Beginners ($) w/ Jen Jen</td>
<td>10:00-11:00am Vinyasa Yoga ($) w/ Charturah</td>
<td>10:00-11:00am Senior Strength ($) w/ Charturah</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6:15pm-8:00pm Chicago-Style Step w/ Carla</td>
<td>6:00am-9:30am Adult Open Gym w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>10:30-11:30am Dance Fit ($)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6:30-8:00pm Indoor Coed Adult Soccer</td>
<td>6:00am-9:30am Adult Open Gym w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>10:30-11:30am Dance Fit ($)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7:00-8:00pm Afro-Contemporary Dance (Open Level) / 15 yrs. (5$)</td>
<td>6:00-9:30am Adult Open Gym (Basketball)</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>10:30-11:30am Dance Fit ($)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6:00am-9:30am Adult Open Gym (Basketball)</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>10:30-11:30am Dance Fit ($)</td>
</tr>
</tbody>
</table>

**Starting July 1st All Fitness Classes are $4 ea.**

- Membership Fees: Fitness Center (Weight Room)
  - Non-resident prices will increase beginning July 1st!
    - Adult $3.00
    - Youth & Senior $1.50
- 10 Pass (Fitness) Adult $20.00
- Youth & Senior $10.00
- Monthly Pass (Fitness) Adult $30.00
- Youth & Senior $20.00

**Phase 3 Guidelines:**
- Patrons will have temperature checked before entry. 100.4 or above will be sent home.
- Face coverings must be worn upon entering the facility.
- 12 patrons in the Fitness Center at a time (1 hour max)
- No open gym, physical contact, or equipment sharing sports.
- 5 patrons utilizing the Walking Track at a time.
- Lobby areas, Meetings Rooms, and Game Rooms are closed.

---

**Recreation Facility Staff**
- Attendants: Jim Walkden, Ron Forte
- Class Instructors: James Barrett, Michal Christian, Roxanne Crew, Shameka Freeman, William Graham, Lizzie Graves, Mina Kashani, Jen-Jen Lin, Jamie London, Julia Marx, Mallory Mundy, Kat Mathis, Phylicia Roybal, Charturah Smith, Renee Watkins, Sevier Park Staff, Julia Graves, Myk Martin, Tracey Davis, Carolina Beltran, Julian Jones, Michael Collier, Julia Marx, Mallory Mundy, Kelcey Rios

**Facility Close**
- 10:30-11:30am Dance Fit ($)
After School Program – A free program for children ages 6 to 14 years old. Mon-Fri, 3:00-6:00pm. Registered children participate in sports, arts, games, etc… Lead by Sevier Park staff.

Afro-Contemporary-(Open Level/ 15 yrs +) Join Windship to explore different dances from West Africa. Adapt them to a more afro-contemporary style over the semester. All Levels welcome.

Ballet/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.

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 social dance that promotes physical activity, improved health and fun among its participants. Join us as we learn and practice this dance derived from the “Windy City.”

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! Ages 3-4 1/2 yrs

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! Ages 3-4 1/2 yrs

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.

Dancing with Parkinson’s - This class engages the body, mind, and spirit in dance and movement designed to address the challenges of living with PD. With no prior dance experience required, you will learn to move in music in ways that are fun and easy to pick up. Dances provide practice with balance, flexibility, mobility, coordination, creative thought, and relaxation. All activities can be done standing or seated. Individuals with Parkinson’s and their partners and caregivers are welcome!

Discover Dance: Beginning - Students who have an interest and are new to dance can learn from a range of styles in this survey of dance class including ballet, contemporary, jazz, and swing. Class will begin with a unit in ballet to establish a foundation of dance technique and will move on to explore other styles in different units throughout the semester. No experience necessary.

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.

Indoor Coed Adult Soccer - Pick-up soccer games played full court. Teams are put together at random based off attendance.

Nutcracker - A racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

Power Vinyasa Yoga- A powerful energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session.

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

Tai-Chi - A part of Chinese martial arts. Tai chi (TaiJiQuan) is translated as supreme ultimate fist. “Tai chi moves slowly and gently with a clam mind, sometimes called meditation in motion. It applies the theory of yin and yang and strives to balance the body and mind. Learn basic breathing, standing, walking, and beginning level Tai Chi movements.

Theater Jazz - Learn a range of theater and jazz dance styles through the ages ranging from Bob Fosse, Jerome Robbins, Jack Cole and repertoire from current Broadway hits such as Hamilton and Newsies. Class begins with a warm-up that focuses on ballet and jazz technique and alignment and moves on to classic and current Broadway-inspired choreography with instruction that focuses on dancing and performance quality.

TOT Time- Join us for a fun, active, story-telling, sing-a-long, wiggles and giggles time. This is an adult & tot interactive group for 1-3 year olds & caregivers. Group directed activity/gym free play.

Vinyasa Yoga - In this active and lighthearted class, you will transition from pose to pose in a fluid way that moves with the breath. Fun but challenging. All levels are welcome!

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.

***Metro Parks does not discriminate on basis of age, race, sex, color, national origin, religion or disability in admission to, access to or operations of its programs, services or activities.

The Metro Board of Parks and Recreation does not discriminate on the basis of age, race, sex, color, national origin, or disability in admission, access to, or operation of its programs, services, or activities. For TTY (relay service), please call 1-800-849-0299. For questions, concerns, or requests regarding the American Disabilities Act call 615-862-8400.

This schedule is tentative. For more information, contact Tia Mason. at Tia.Mason@gov or 615-862-8466.