

Southeast Regional Community Center

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

Essential Worker After-School Special Activities Fitness Classes Gymnasium	Monday Hours: 6:00am-7:30pm	Tuesday Hours: 6:00am-7:30pm	Wednesday Hours: 6:00am-7:30pm	Thursday Hours: 6:00am-7:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Winter 2020 Program Schedule (subject to change)</p> <p><u>Facilities Manager</u> Thomas Floyd</p> <p><u>Program Coordinator</u> Elona Tribue</p> <p><u>Recreation Leaders</u> Brittany Phillips Charles Watkins Edgar Valentin Jacob Hunsicker Shaqua Nero Michael Green</p> 	<p>7:00am-4:30pm Essential Worker Program</p> <p>11:00am-3:00pm Adult Open Gym ½ Court</p> <p>3:00pm-6:00pm After-School Enrichment Program</p> <p>6:00pm-7:00pm Teen Night ½ Court Gym</p> <p>5:15pm-6:00pm Boot Camp (\$) w/Demetria</p>	<p>7:00am-4:30pm Essential Worker Program</p> <p>11:00am-3:00pm Adult Open Gym ½ Court</p> <p>3:00pm-6:00pm After-School Enrichment Program</p> <p>6:00pm-7:00pm Teen Night ½ Court Gym</p> <p>6:30pm-7:30pm Zumba (\$) w/Sandy</p>	<p>7:00am-4:30pm Essential Worker Program</p> <p>11:00am-3:00pm Adult Open Gym ½ Court</p> <p>3:00pm-6:00pm After-School Enrichment Program</p> <p>6:00pm-7:00pm Adult Open Gym ½ Court</p> <p>5:15pm-6:00pm Dance Fitness (\$) w/Demetria</p>	<p>7:00am-4:30pm Essential Worker Program</p> <p>11:00am-3:00pm Adult Open Gym ½ Court</p> <p>3:00pm-6:00pm After-School Enrichment Program</p> <p>6:00pm-7:00pm Teen Night ½ Court Gym</p> <p>6:30pm-7:30pm Zumba (\$) w/Sandy</p>	<p>7:00am-4:30pm Essential Worker Program</p> <p>11:00am-3:00pm Adult Open Gym ½ Court</p> <p>3:00pm-6:00pm After-School Enrichment Program</p> <p>6:00pm-7:00pm Family Night ½ Court Gym</p> <div data-bbox="1465 1019 1703 1110">  </div> <p>@ "Southeast Regional Community Center"</p> <p>www.nashville.gov</p>	<p>8:15am-9:00am Sculpt Fitness (\$) w/Demetria</p> <p>8:30am-10:00am The Next Generation Academy (\$) w/Hillmans</p> <p>9:00am-10:00am Zumba (\$) w/ Dawn</p> <p>10:00am-11:30am Family Gym ½ Court</p> <hr/> <p>Fees: \$ – Paid Class</p> <p>Fitness Classes \$4.00</p> <p>Daily Pass Adult \$3.00 Teens & Senior \$1.50</p> <p>10 Visit Gym Pass Adult \$20.00 Teens & Senior \$10.00</p> <p>Monthly Pass Adult \$30.00 Teens & Senior \$20.00</p> <p>10 Pass Class Card \$40.00</p> <p>Teens 13-17 Senior 62 and up</p>