

Bellevue Regional Community Center

7638A Highway 70 South, Nashville, TN 37221 615-862-8435

2026 Fall Program Schedule



Monday Hours: 6:00 a.m. - 8:30 p.m.	Tuesday Hours: 6:00 a.m. - 8:30 p.m.	Wednesday Hours: 6:00 a.m. - 8:30 p.m.	Thursday Hours: 6:00 a.m. - 8:30 p.m.	Friday Hours: 6:00 a.m. - 7:30 p.m.	Saturday Hours: 8:00 a.m. - 4:00 p.m.
Fitness Center & Track 6:00 a.m.-8:15 p.m.	Fitness Center & Track 6:00 a.m.-8:15 p.m.	Fitness Center & Track 6:00 a.m.-8:15 p.m.	Fitness Center & Track 6:00 a.m.-8:15 p.m.	Fitness Center & Track 6:00 a.m.-7:15 p.m.	Fitness Center & Track 8:00 a.m.-3:45 p.m.
Fitness Classes Workout Stars (FREE) w/Jamaal 6:00p.m.-7:00p.m.	Fitness Classes No Activities	Fitness Classes Piloga (\$4) w/Kathy 9:30 a.m.-10:30 a.m. POUND (\$4) w/Kathy 6:00 p.m.-7:00 p.m.	Fitness Classes No Activities	Fitness Classes Miles and Smiles (FREE) w/Alliyah 10:00am-11:00am	Fitness Classes POUND (\$4) w/Kathy 9:30 a.m.-10:30 a.m.
Toddler Program No Activities	Toddler Program 9:00 a.m.-11:00 a.m.	Toddler Program No Activities	Toddler Program 9:00 a.m.-11:00 a.m.	Toddler Program No Activities	Toddler Program No Activities
Senior Programs 50 & Over Mexican Train Dominoes 10:00am-12:00pm Bingo 1:00pm-3:00pm	Senior Programs 50 & Over Senior Fitness 9:30am-10:30am Mahjong 1:00pm-3:00pm	Senior Programs 50 & Over Miles and Smiles 9:30am-10:30am	Senior Programs 50 & Over Senior Fitness 9:30am-10:30am Beg. Line Dance 1:00pm-2:00pm	Senior Programs 50 & Over Line Dance 10:30am-12:00pm Mahjong 1:00pm-3:00pm	Senior Programs 50 & Over No Activities
After School Program 3:00 p.m.-6:00 p.m.	After School Program 3:00 p.m.-6:00 p.m.	After School Program 3:00 p.m.-6:00 p.m.	After School Program 3:00 p.m.-6:00 p.m.	After School Program 3:00 p.m.-6:00 p.m.	After School Program No Activities
Gymnasium Open Gym ½ Court 6:00a.m.-2:00p.m. Teen/Open Gym ½ Court 2:00 p.m.-6:00 p.m. Family Open Gym 6:00p.m.-8:15p.m. No Training/Practice Space Must Be Reserved & approved by management.	Gymnasium Open Gym ½ Court 6:00a.m.-2:00p.m. Teen/Open Gym ½ Court 2:00 p.m.-6:00 p.m. Adult Open Gym Ages 18 & Over 6:00p.m.-8:15p.m. No Training/Practice Space Must Be Reserved & approved by management.	Gymnasium Open Gym ½ Court 6:00a.m.-2:00p.m. Teen/Open Gym ½ Court 2:00 p.m.-6:00 p.m. Adult Open Gym Ages 18 & Over 6:00p.m.-8:15p.m. No Training/Practice Space Must Be Reserved & approved by management.	Gymnasium Open Gym ½ Court 6:00a.m.-2:00p.m. Teen/Open Gym ½ Court 2:00 p.m.-6:00 p.m. Adult Open Gym Ages 18 & Over 6:00p.m.-8:15p.m. No Training/Practice Space Must Be Reserved & approved by management.	Gymnasium Open Gym ½ Court 6:00a.m.-2:00p.m. Teen/Open Gym ½ Court 2:00 p.m.-6:00 p.m. Family Open Gym 6:00p.m.-8:15p.m. No Training/Practice Space Must Be Reserved & approved by management.	Gymnasium Family Open Gym 8:00a.m.-3:45p.m. No Training/Practice Space Must Be Reserved & approved by management.

Fitness Class Fees

\$4.00 per class, \$40.00 for 10 classes

No Discounts Applied

Fitness Studio

\$3.00 per visit, \$20.00 for 10 visits

\$30.00 per month

Discounted Fitness Studio Rates

\$1.50 per visit \$10.00 per 10 visits

\$20.00 per month

Discount Applies to:

Teens ages 13-17 Seniors ages 62+

College students, Metro Employees, Disabled Persons, Military Personnel with valid ID

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2026 Program Schedule (Subject to Change)



Gymnasium:

Teen Open Gym- time allotted for teens ages 13 to 17 to occupy the gym, where they can play basketball. Teens ages 13&14 must have a parent and or guardian present.

Adult Open Gym- welcomes ages 18 and up to participate in cross court basketball games with a running clock.

Family Open Gym- time for children and their adults to come together and play in the gym. Anyone 14 and under must be accompanied by a parent or guardian.

Senior Programs: 50 and Over

Mahjong is a tile-based game where players draw and discard tiles to complete winning sets, using strategy, memory, and observation to anticipate opponents' moves and improve their own hand.

Line Dance for Seniors - is a low-impact, choreographed group dance where participants follow a sequence of steps arranged in lines or rows. It is designed to be simple, repetitive, and easy to follow, making it accessible for a wide range of mobility and fitness levels.

Mexican Train Dominoes - Players aim to be the first to play all their dominoes and accumulate the fewest points across multiple rounds.

Bingo -is a fun, social game where players mark numbers on their cards as they're called, aiming to complete a winning pattern. It's easy to play and great for friendly interaction.

After-School 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. Ages 6-14 only.

Fitness Classes:

Miles and Smiles - is a walking program designed to encourage regular physical activity, social engagement, and overall wellness.

Pickleball- a racquet sport that combines elements of badminton, tennis, and table tennis. Played with a paddle and whiffle ball.

Senior Strength- designed for older adults to improve muscular strength, balance, and joint flexibility through low-impact, resistance-based exercises.

Piloga – is a modern fitness fusion that combines the precision and core-strength emphasis of Pilates with the flexibility, breathwork, and mindfulness of yoga.

Pound – is a cardio and strength fitness class that uses lightly weighted drumsticks—called Ripstix, to create a full-body workout inspired by the energy and rhythm of drumming.

Workout Stars - is a fun, energetic fitness session that builds strength, flexibility, and endurance through simple, engaging exercises.

Tot Time- Parents and their children (under 5) is a designated period reserved for **free play and scheduled activities**. During this time, children can engage in open play that supports social interaction, creativity, and physical movement, while also participating in structured activities planned by staff to encourage skill-building, cooperation, and guided learning.

Facilities Manager: Lindsey Magness

Program Coordinator: Demario Patterson

Recreation Leader Sr.: Alliyah Williams

Recreation Leaders: Chason Fuller, Jamaal Haddox, Margaret Morales, Davien Hill, Charles Lipschutz, Kelvin Alford (OSR)

The Mission of Metro Board of Parks and Recreation: To provide every citizen of Nashville and Davidson 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, color, national origin, religion, or disability in admission to, access to or operations of its programs, services, or activities. ***