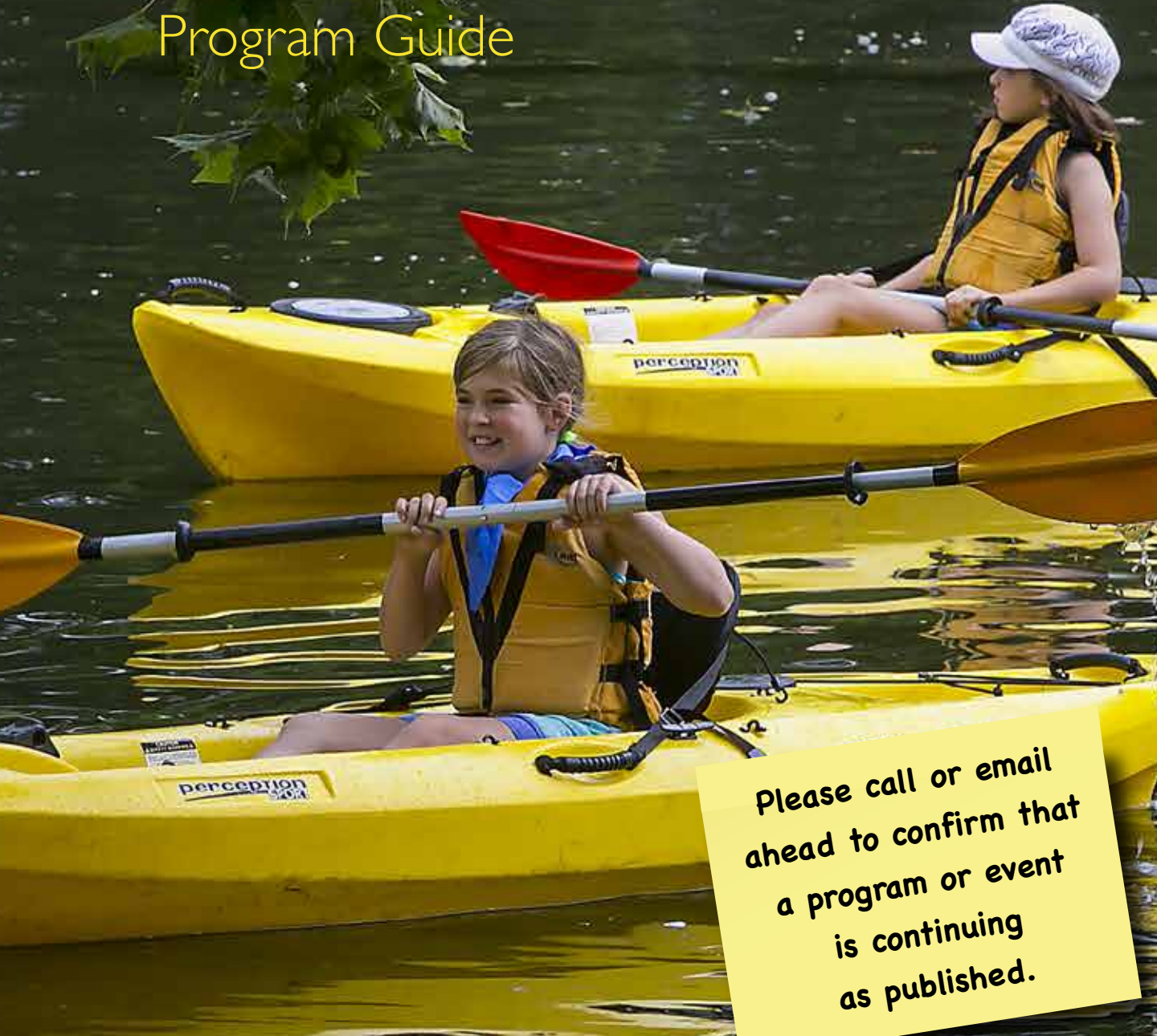


May | June 2020

# Rec Connection

## Program Guide



Please call or email ahead to confirm that a program or event is continuing as published.



[www.murfreesborotn.gov](http://www.murfreesborotn.gov)



@MurfreesboroParksandRec



@boroparksandrec

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**Photos**

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

**Refund Policy\***

- Full refund when canceling at least 2 weeks prior to the activity, event, facility rental, program, other rentals and/or services.
- 50% refund of total fee paid when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services less than 2 weeks prior to the activity, event, etc.
- No refund day of or after start of activity, event, facility rental, or other rentals and/or services.
- Prorated fee only for passes to Sports\*Com and Patterson Community Center.

*\*Refund policy does not apply to the Gateway Island Rentals or Cannonsburgh Village weddings.*

**Murfreesboro Parks and Recreation Commission**

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro. Please watch the Parks and Recreation Commission meetings each month, usually the first Wednesday of every month, for the latest news and developments of Parks and Recreation.

**Commission Members:** Mr. D. Edwin Jernigan, Chair; Mr. Eddie Smotherman, City Council; Mr. Tim Roediger; Mr. Ricky Turner; Mr. Rick LaLance, City Council; Mr. Eddie Miller, Vice Chair; Dr. Charlie Apigian; Dr. Linda Gilbert; Dr. Gloria Bonner; and Mr. Don Turner.

**Mistakes Happen...**

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website for the latest updates and changes: [www.murfreesboroparks.com](http://www.murfreesboroparks.com)

**City of Murfreesboro Access Statement**

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the City Manager of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 615-890-5333 or TDD 615-849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Veterans Parkway, to receive a copy of its financial assistance policy.

**Administration 615-890-5333**

Nate Williams, Director - nwilliams@murfreesborotn.gov  
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**Aquatics, Sports\*Com 615-895-5040**

**Aquatics, Patterson 615-893-7439**  
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**Adams Tennis Complex 615-546-4000**

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**Bradley Academy 615-962-8773**

Vonchelle Stemberge, vstembridge@murfreesborotn.gov

**Cannonsburgh Village 615-890-0355**

Shelia Hodges - shodges@murfreesborotn.gov

**Community Parks 615-642-1103**

Becki Johnson - bjohnson@murfreesborotn.gov

**Cultural Arts**

**Performing Arts & Washington Theater**

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**Visual Arts**

Lisa Browning, lbrowning@murfreesborotn.gov 615-801-2467

Deb Hunter, dhunter@murfreesborotn.gov 615-801-2606

**Marketing 615-809-4866**

Melinda Tate- mtate@murfreesborotn.gov

**McFadden Community Center 615-893-1802**

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Tamika Currie - tcurrie@murfreesborotn.gov

**Outdoor Murfreesboro**

**Natural Resources 615-893-2141**

Kristin Hopkins - khopkins@murfreesborotn.gov,  
Greenway, Wetlands and Trails

**Wilderness Station 615-217-3017**

Eric Fann - efann@murfreesborotn.gov  
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outdoormurfreesboro@murfreesborotn.gov

**Patterson Park Community Center & The Washington Theatre 615-893-7439**

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Susan Hicks, Performing Arts - shicks@murfreesborotn.gov

**St. Clair Street Senior Center 615-848-2550**

Mark Owens, Superintendent - mowens@murfreesborotn.gov

**Sports\*Com 615-895-5040**

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**Photography**

Jim Davis - jbdavis@murfreesborotn.gov

**Parks and Recreation website**

www.Murfreesboroparks.com

**Our Mission**

**TO PROVIDE**  
*Vibrant Public Spaces*  
**AND INCLUSIVE PROGRAMS,**  
**DELIVERED WITH**  
*Visionary Leadership*  
*and Caring Staff* **THAT**  
**ENGAGE THE**  
**INDIVIDUAL**  
*and* **STRENGTHEN THE**  
*quality of life of our*  
**COMMUNITY**



## Facility Passes Patterson Park Community Center and Sports\*Com

	Daily	30 Visits	Monthly	Yearly	Family Yearly
<b>Adults</b>	\$4	\$65	\$35	\$300	\$500
<b>Adults</b> (City Resident)	\$4	\$60	\$30	\$270	\$450
<b>Military, Youth, &amp; Seniors</b>	\$3	\$50	\$25	\$200	Not available
<b>Military, Youth, &amp; Seniors (60+)</b> (City Resident)	\$3	\$45	\$20	\$180	Not available

**Memorial Day: Boro Beach at Sports\*Com OPEN; Adams Tennis to close at 2:00 pm.  
All other MPRD facilities closed Monday, May 25.**

**Facility Pass** includes admission to both Sports\*Com and Patterson Park Community Center, including aerobic classes, water exercise classes, indoor pool, gym, track and weight room. It does not include fee-based classes.

**Boro Beach (Sports\*Com outdoor pool) requires a separate pass for admission.**

For information on the financial assistance policy and facility rental fees, please call the Murfreesboro Parks and Recreation office at 615-890-5333.

**30 Visits** = 30 daily visits over a 1-year period from date of issue.

**Monthly** = Unlimited daily visits for 30 days from date of issue.

**Yearly** = Twelve months from date of issue

**Family Pass** = The household yearly pass includes admission to Sports\*Com and Patterson Park Community Center. Household passes are designed for parents, or parent, with dependent children 17 years or younger (22 years or younger if full-time student).



### Patterson Park Community Center

**615-893-7439**

**521 Mercury Boulevard, Murfreesboro, TN 37130**

Located at Patterson Park in the central area of Murfreesboro. Amenities include: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available to rent seven days a week, and pool rentals are available on weekends.

**Hours:** Monday - Friday 6:00 am-9:00 pm  
Saturday 8:00 am-5:00 pm  
Sunday 1:00 pm-5:00 pm



### Sports\*Com

**615-895-5040**

**2310 Memorial Boulevard**

**Murfreesboro, TN 37129**

Sports\*Com is located at McKnight Park in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool, outdoor pool with 50-meter lap lanes, slides, play feature, rock wall, diving board, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

**Hours:** Monday - Friday 6:00 am-9:00 pm  
Saturday 8:00 am-5:00 pm  
Sunday 1:00 pm-5:00 pm

## Adams Tennis Complex 615-546-4000

925 Golf Lane  
Murfreesboro, TN 37129



The facility hosts 8-indoor courts in addition to the existing 24-outdoor courts located in Old Fort Park.

**Hours:** Monday-Thursday 8:00 am-9:00 pm  
Friday 8:00 am-9:00 pm  
Saturday 8:00 am-5:00 pm  
Sunday 11:00 am-5:00 pm

## Barfield Crescent Park 615-890-5333

697 Veterans Pkwy.  
Murfreesboro, TN 37128



Barfield Crescent Park is a 430-acre community park located in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, disc golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between shelters 5 and 7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October. Pavilions 3, 4, 9 and 10 are available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4, 9,10	Seat Approx. 24 each

## Bradley Academy Museum and Cultural Center 615-962-8773

415 S. Academy Street  
Murfreesboro, TN 37130



Bradley Academy was built in 1806 as the first school for education of white males only. In 1884, African American students, males and females, were allowed to attend school. The current structure was built in 1917 and opened as the new school for African American students in 1918. Today, Bradley Academy Museum and Cultural Center houses an original classroom, *Education and Empowerment* exhibit, and the *250 Years of Experience* exhibit.

### Rental Space (available 7 days/week):

Auditorium: Seats 100-125  
(dining area plus theatre section)

Boardroom: Seats 30-40

**Hours:** Tours are available Tuesday-Saturday  
10 am-4:00 pm

## Cannonsburgh Village 615-890-0355

312 S. Front Street  
Murfreesboro, TN 37129



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and time-period gifts. The Williamson Chapel, Leeman House, Pavilion, Gazebo, and Lions Club building are available to rent.

**Photographers:** Taking photographs at Cannonsburgh is free; however, we do ask that you call the office and schedule an appointment, as wedding rentals are taking place year-round on the grounds.

## Civic Plaza 615-893-2141

111 W. Vine Street  
Murfreesboro, TN 37130



This park is located at the front entrance of the City of Murfreesboro City Hall. It houses a large open space brick area with amphitheater seating that will accommodate up to 400 persons. The area also has a water feature, shaded walking path and gazebo. The open brick area and amphitheater are available for rent.

## Gateway Island and Trail

615-893-2141

1875 West College Street  
Murfreesboro, TN 37129



Gateway Island and Trail showcase a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. The reception center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half day & full day rentals are available.

## McFadden Community Center 615-893-1802

211 Bridge Avenue  
Murfreesboro, TN 37129



The McFadden Community Center is on a 3-acre campus and includes a gymnasium, outdoor playground, two meeting rooms, game room, and the Nourish Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays. The pavilion is first-come/first-served.

**Hours:** Monday-Friday, 3:00 pm-8:00 pm

### McKnight Park

**615-890-5333**  
**120 DeJarnette Lane**  
**Murfreesboro, TN**  
**37129**



McKnight Park is an 81-acre community park located in the northern area of Murfreesboro. Shelter rentals April - October.

1 Picnic Shelter                      Seats Approx. 80

### Murfree Spring Wetlands

**615-890-5333**  
**502 SE Broad Street, Mur-**  
**freesboro, TN 37130**



Adjacent to the Discovery Center, the 25-acre Murfree Spring Wetlands boasts a boardwalk, playground, and conservation education in the middle of the city.

### Oaklands Park

**615-890-5333**  
**905 N. Highland Ave.,**  
**Murfreesboro, TN**  
**37130**



This 31-acre neighborhood park surrounds Oaklands Mansion, a historic site operated by Oaklands Association. A large picnic shelter

with restrooms may be rented April - October. The park includes a walking trail, wetlands area, and playground with parking.

### Old Fort Park

**615-890-5333**  
**1024 Golf Lane**  
**Murfreesboro, TN 37129**



Old Fort Park is a 50-acre community park. Facilities are a picnic shelter (with restrooms), Kids' Castle Playground, 24 outdoor tennis courts, 8 indoor tennis courts, tennis court rentals, greenway access and open play space. Restrooms are located at the shelter and are open year-round. Shelter available daily for rental, April - October.

Shelter                      Seats Approx. 120

### Patterson Park

**615-893-7439**  
**521 Mercury Blvd.**  
**Murfreesboro, TN 37130**



Patterson Park consists of 10 acres and has a 110,000 square foot facility. Shelters, swimming pool, meeting rooms and theatre are available to rent; please call 615-893-7439. Shelter restrooms are open April - October.

Large Shelter                      Seats Approx. 100  
 Small Shelter                      Seats Approx. 50

### Richard Siegel Park

**615-890-5333**  
**515 Cherry Lane**  
**Murfreesboro, TN 37129**



This community park has 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April - October. Restrooms are open year-round.

Shelter No. B                      Seats Approx. 30  
 Shelter No. C                      Seats Approx. 30  
 Shelter No. A                      Seats Approx. 75

### Rogers Park

**615-890-5333**  
**1115 Hunt Street**  
**Murfreesboro, TN 37130**



Rogers Park is a 7.5-acre park. Shelters are available daily for rentals, April-October, with restrooms available.

Shelter No. 1                      Seats Approx. 80  
 Shelter No. 2                      Seats Approx. 45

### St. Clair Street Senior Center

**615-848-2550**  
**325 St. Clair Street**  
**Murfreesboro, TN 37130**



The St. Clair Street Senior Center provides a warm, caring place where those over the age of 60 can come together with other adults for services and activities that reflect shared experiences and skills, support one's needs and interests, broaden independence and maintain one's involvement in the community.

**Hours:** Monday - Friday 6:00 am-7:00 pm  
 Saturday 8:00 am-5:00 pm  
 Sunday 1:00 pm-5:00 pm

### Wilderness Station

**615-217-3017**  
**697 Veterans Pkwy.**  
**Murfreesboro, TN 37128**



Located in Barfield Crescent Park, the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies, education animals on display and campsites. There is a gift shop selling concessions, and the retreat room is available for rental. Evening rentals and programs are based on staff availability.

**Hours:** (May 9-September 4)  
 Sunday 12:00-8:00 pm  
 Monday-Saturday 8:00 am-8:00 pm



## Murfreesboro Greenway System

The Murfreesboro Greenway System consists of the Stones River, Lytle Creek and Gateway trails. The greenways are available for you to enjoy nature hikes, walking, running, bicycling, or in-line skating along the 13 miles of riverside trails. Small watercraft access points are also available for paddlers to enjoy the Stones River. The Murfreesboro Greenway System connects historical sites, parks, neighborhoods and businesses; it also serves as a conservation corridor to preserve precious natural and cultural resources. Thirteen trailheads provide access to the Murfreesboro Greenway System.

## Thompson Lane Trailhead

### 2240 N. Thompson Lane

This trailhead provides access to the historic McFadden Farm property. This was the site of one of the bloodiest engagements in the Battle of Stones River. A 60-car parking area at this northern terminus of the Murfreesboro Greenway System allows users to enter the 12-foot wide asphalt trail for walking, jogging, in-line skating, and bicycling. Access for small watercraft is available at this location.

## Broad Street Trailhead

### 1921 N.W. Broad St.

This trailhead, located at the 84 Lumber Company, is an eight-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. As you travel to the west, there is a wooden overlook that provides a good view of the river.

## West College Street Trailhead

### 1902 W. College St.

#### Gateway Island Reservations: 615-893-2141

Adjacent to the General Bragg Trailhead, the College Street Trailhead provides connection and access to the two-mile Gateway Trail and Island. The Island is home to a reception center and gazebo, perfect for weddings and other special events.

## General Bragg Trailhead

### 1450 W. College Street

Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restrooms are available at the shelter.

1 Picnic Shelter

Seats Approx. 45

## Redoubt Brannan Trailhead

### 1300 W. College St.

This trailhead contains 19 parking spaces. Across the street are the remains of an earthen Civil War fortification (Redoubt Brannan) that was part of the larger Fortress Rosecrans. Redoubt Brannan was used by Union troops to guard the Old Nashville Pike and L&N Railroad.

## Fortress Rosecrans Trailhead

### 1916 Golf Lane

This historic trailhead is located just off Golf Lane inside Old Fort Park. As a supply depot, it played an important role in the Union army's advance to Chattanooga. Fortress Rosecrans was abandoned in April 1866.

## Manson Pike Trailhead

### 1208 Searcy St.

This trailhead offers parking for 15 cars. Also, a boat ramp for small craft and a water fountain are available at this site. A short walk gives the visitor a view of the dam at Ransom's Mill.

## Overall Street Trailhead

### 410 Overall St.

This small trailhead has parking for 11 cars. This places you on the Lytle Creek portion of the Murfreesboro Greenway System.

## Old Fort Park Trailhead

### 916 Golf Lane

#### Shelter Reservations: 615-890-5333

Located in Old Fort Park, this trailhead is between Kids' Castle playground and eight tennis courts. The shelter provides picnic tables and restrooms.

## Cason Trailhead

### 1100 Cason Trail

#### Shelter Reservations: 615-890-5333

This addition to the Murfreesboro Greenway System follows the West Fork of the Stones River with scenic overlooks, an impressive bridge crossing, and more access to the beautiful natural settings within Murfreesboro. The trailhead is also home to the Cason Bark Park.

## Cannonsburgh Village Trailhead

### 312 S. Front St.

This southernmost trailhead is adjacent to the restored village of Cannonsburgh and is the beginning of the Lytle Creek Trail, which passes through the most urban portion of the greenway.

## North Murfreesboro Greenway

The **Central Valley Trailhead**, located approximately one-mile from Hwy 231, boasts extended parking spaces suitable for equestrian trailers. The 1.34 mile trail features two overlooks, a switchback ("s" curve) hill and a tree-top canopy offering shade.

The **Walter Hill Trailhead** is located a 1/2 mile south of Jefferson Pike on Hwy 231. This trailhead offers parking, picnic tables, and a scenic view of the Walter Hill Dam.



**PHASE I OPENINGS Beginning May 4**

**Sports\*Com**

615-895-5040

2310 Memorial Boulevard  
Murfreesboro, TN 37129

**AVAILABLE MAY 4**

- Weight Room
- Exercise/Wellness Classes
- Indoor Track - Ages 14+

**NOT AVAILABLE**

- Pools
- Water Fountains
- Coffee Stations
- Locker Rooms
- Open Gym
- Rentals

**Activities at all venues are limited to those allowing for physical distancing protocols.**

**Patterson Park Community Center**

615-893-7439

521 Mercury Boulevard  
Murfreesboro, TN 37130

**AVAILABLE MAY 4**

- Weight Room
- Exercise/Wellness Classes  
*Schedule on page 10*
- Indoor Track

**NOT AVAILABLE**

- Washington Theatre
- Game Room
- Pool
- Racquetball Courts
- Water Fountains
- Coffee Stations
- Locker Rooms
- Open Gym
- Rentals
- Special Events

**McFadden Community Center**

615-893-1802

211 Bridge Avenue  
Murfreesboro, TN 37129

**AVAILABLE MAY 4**

- Preplanned programs or activities
- Pickleball (see schedule below)

**Pickleball** is available Monday-Friday at the following times.

- 9:00-10:30 am
- 3:00-4:30 pm
- 5:30-7:00 pm

Play is limited to 16 participants at a time. To participate one must call McFadden at 615-893-1802 to reserve a spot.

**NOT AVAILABLE**

- Open Gym
- Rentals
- Special Events

**Adams Tennis Complex**

615-546-4000

925 Golf Lane  
Murfreesboro, TN 37129

**AVAILABLE MAY 4**

- Open for play with strict physical distancing and sanitation protocols
- Limited open area
- Limited spectator area

**NOT AVAILABLE**

- Water Fountains
- Coffee Stations
- Locker Rooms

**St. Clair Senior Center**

615-848-2550

325 St. Clair Street  
Murfreesboro, TN 37130

- Facility CLOSED
- MCHRA Meals on Wheels OPEN



Check out our website  
[www.murfreesboroparks.com!](http://www.murfreesboroparks.com)

## **Bradley Academy Museum & Cultural Center**

615-962-8773

415 S. Academy St.

Murfreesboro, TN 37130

- Facility CLOSED
- No Rentals
- No Special Events

## **Wilderness Station at Barfield Crescent Park**

615-217-3017

697 Veterans Parkway

Murfreesboro, TN 37128

- Visitor Center CLOSED
- Trails & restrooms OPEN

## **Bark Parks CLOSED at General Bragg Trailhead**

1540 West College Street

Murfreesboro, TN 37130

## **& Cason Trailhead**

1100 Cason Trail

Murfreesboro, TN 37128

## **Sports Complexes CLOSED to organized activities**

- Siegel Soccer Park
- McKnight Park
- Barfield Park ball fields

## **Cannonsburgh Village**

615-890-0355

312 S. Front Street

Murfreesboro, TN 37129

- Visitor Center CLOSED
- Grounds OPEN
- No Rentals
- No Special Events



*Connect with us!*

**What are your interests?  
We have a page for that!**

Murfreesboro Parks and Recreation

The Better Boro Project

Bradley Academy Museum

Cannonsburgh Village

Cultural Arts Murfreesboro

McFadden Community Center

Murfreesboro Athletics

Murfreesboro Greenway

Murfreesboro Patterson Park

Murfreesboro Sports Com

Miracle Field of Murfreesboro

Outdoor Murfreesboro

St Clair Street Senior Center

The Washington Theatre

*Be sure to follow us on Facebook for updates!*

**Greenway OPEN**

**Hiking Trails OPEN**

**Bike Trail OPEN**

**Large Green Spaces OPEN**

**Outdoor Public Restrooms OPEN**

**Water Fountains OFF**

**Playgrounds & Pavilions  
CLOSED**

**PATTERSON ONGOING FITNESS CLASSES**

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:20 am <b>Metabolic Burn with Roger Youth Gym</b>	8:30-9:20 am <b>Yoga with Kim Adult Gym</b>	8:30-9:20 am <b>Metabolic Burn with Roger Youth Gym</b>	8:30-9:20 am <b>Yoga with Kim Adult Gym</b>	8:30-9:20 am <b>Metabolic Burn with Roger Youth Gym</b>
9:40-10:30 am <b>Metabolic Burn with Roger Youth Gym</b>	8:30-9:20 am <b>Boot Camp with Roger Youth Gym</b>	9:40-10:30 am <b>Metabolic Burn with Roger Youth Gym</b>	8:30-9:20 am <b>Boot Camp with Roger Youth Gym</b>	9:40-10:30 am <b>Metabolic Burn with Roger Youth Gym</b>
	9:30-10:20 am <b>Zumba with Amy Youth Gym</b>		9:30-10:20 am <b>Zumba with Amy Youth Gym</b>	
	9:40-10:30 am <b>Yoga with Kim Adult Gym</b>		9:40-10:30 am <b>Yoga with Kim Adult Gym</b>	
	10:30-11:20 am <b>Zumba with Amy Youth Gym</b>		10:30-11:20 am <b>Zumba with Amy Youth Gym</b>	

Group exercise classes are \$4/day or facility pass.  
 For more information: Chad Hill, C.S.C.S., 615-893-7439, [chill@murfreesborotn.gov](mailto:chill@murfreesborotn.gov)

**Metabolic Burn**

Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

**Yoga**

A great way to wind down. Focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

**Zumba**

Ditch the workout...join the party! Zumba is a dynamic and FUN dance-based fitness program for everyone! It fuses Latin rhythms with international music themes and combines the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. All fitness levels are welcome.

**CLASS DESCRIPTIONS**



## SPORTS\*COM ONGOING FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30 am <b>Yoga</b>		7:30-8:30 am <b>Yoga</b>			8:30-9:30 am <b>Step/Tone</b>
8:15-9:15 am <b>Zumba</b>	8:00-9:00 am <b>Core Energy</b>	8:15-9:15 am <b>Zumba</b>	8:00-9:00 am <b>Core Energy</b>	8:15-9:15 am <b>Zumba</b>	10:00-11:00 am <b>Boot Camp</b>
9:20-10:05 am <b>RetroFit</b>	9:15-10:15 am <b>Total Body</b>	9:20-10:05 am <b>RetroFit</b>	9:15-10:15 am <b>Total Body</b>	8:15-9:15 am <b>Metabolic Burn</b>	
				9:20-10:05 am <b>RetroFit</b>	<b>Sunday</b>
	5:15-6:15 pm <b>Step Class</b>		5:15-6:15 pm <b>Total Body</b>		2:00-3:00 pm <b>Boot Camp</b>

Group exercise classes are \$4/day or facility pass.  
 For more information: Allison Davidson, 615-895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)  
 Schedule is tentative and subject to change.

### FITNESS CLASS DESCRIPTIONS:

#### Core Energy

This class concentrates on stabilization, alignment and core strength. It consists of standing moves and floor/mat work and may use body weight, bands, weights and balls with significant abdominal and lower back work.

#### RetroFit

This 45-minute muscle building class is perfect for beginners, seniors and intermediate exercisers. This class includes standing and floor work and may use body weight, hand weights, bands and balls. Light cardio bursts may also be included.

#### Step & Tone

This class consists of basic and advanced moves using a traditional aerobic step. It is designed for most fitness levels and consists of moderate to high impact cardiovascular movements. This class may include standing and floor work and may use body weight, hand weights, bands and balls.

#### Total Body

This class concentrates on muscle-building techniques and activities for intermediate to advanced exercisers. It includes standing and floor work and may use body weight, hand weights, weighted bars, bands and balls. Light cardio bursts may also be included.

#### Yoga

These classes focus on improving balance and flexibility, as well as assisting in stress reduction. May include standing and floor/mat work. For all levels.

#### Zumba

These dynamic dance-based fitness programs fuse Latin rhythms with international music themes for high-energy, moderate intensity cardio workouts.







St Clair  
Senior Center

Hello from St. Clair,

We at St. Clair hope that everyone is staying safe and healthy during these trying times. Please remember to practice great hand washing techniques, staying home and going out only when necessary, and when you do please keep your mouth nose and eyes covered! We know that each and every one of you can't wait to return to your regular activities, programs, dances and trips. Each of you is dearly missed, and as a staff we can't wait for everyone to return!!

When we do re-open please understand that we will start accepting sign-ups for trips and programs at that time. As everyone knows, we are currently closed until further notice. Once we receive the OK to re-open we will send out both Robo calls and emails letting our participants know that date. We are, as I'm sure as each of you are, ready to go back to our normal lives. Please remember to stay safe, and we will see everyone soon!

Mark Owens  
Facility Superintendent

325 St. Clair Street Murfreesboro TN 37130 615-848-2550