

Free Family Friendly Fitness Fun

January 4: ZUMBA with Dr. Tevis Harris and the HYPE Staff

January 11: Fitness Bootcamp with Key Fitness

January 18: Fitness Bootcamp with Key Fitness

January 25: Martial Arts with Nashville Academy of Martial Arts

February 1: Yoga with Kabryn Mattison

February 8: Fitness Bootcamp with Key Fitness

February 15: Fitness Bootcamp with Key Fitness

February 22: Martial Arts with Nashville Academy of Martial Arts

All Events are Held from 6:30-7:30 in the Nashville Elementary School Gym

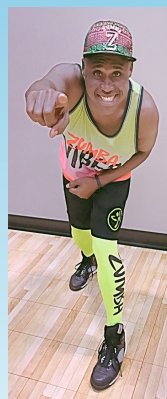
All Events are ALL Ages

Join us on Thursday nights to help kick those wintertime blues and get you and your family moving! This is a FREE event and ALL ages are welcome!

Thank you to our local businesses for facilitating these events!



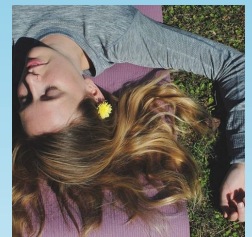
Key Fitness Nashville



Zumba with Dr. Tevis Harris



Nashville Academy of Martial Arts



Yoga with Kabryn

Sponsored by

Nashville Elementary PTA

Town of Nashville Parks, Recreation, and Cultural Resources

