

Mt. Juliet Parks & Recreation

Fall 2009
Volume 1, Issue 1

Mt. Juliet Community Center (615) 758-6522



Park Hours:

7 Days a week: 6AM-10PM

Community Center Hours:

Mon-Sat: 8AM-8PM

Sunday: 1PM-5PM



Upcoming Park Events!

Community Center Fees:

Daily:

Resident \$2.00

Non-Resident \$4.00

Monthly Membership:

Resident \$15.00

Senior \$12.00

Non-Resident \$23.00

Yearly:

Resident \$150.00

Senior \$120.00

Non-Resident \$225.00

*Includes access to the basket ball gym, weight room, and game room.

Halloween in the Park
Sat. October 10th
2-6PM

Costume contests, treats, inflatables, pony rides, hay rides, pictures, petting zoo, and so much more!!!

Movie in the Park
6:30-8:00PM



MJ Community Fall Yard Sale

Sat. Oct. 24th
8am-3pm

Charlie Daniels Park

Booth rental:

\$20.00

Deadline: Oct. 21st



Mt. Juliet Christmas Parade

Saturday
December 12th
11 AM



Christmas Drop & Shop

At the Community center
Monday December 21st
10AM-2PM Ages 4-10



Community Center Expansion Grand Opening & Ribbon Cutting Oct. 9th

The much anticipated Community Center expansion will have its grand opening on Friday, October 9th. The new expansion will include a new weight room, meeting room area, and kitchen. If interested in donating funds to go towards equipping this new space please contact parks staff at (615)-758-6522.

Family...Fitness...and Fun!!!

Fitness Classes



Zumba

Thursdays: 6:00 PM
Saturdays: 8:30 PM

Yoga-lates

Saturdays: 10:30 AM
Starting:
Sat. Oct. 17th



Yoga

Mondays: 8:30 AM
Tuesdays: 6:00 PM
Wednesdays: 8:30 AM
Starting:
Mon. Oct. 12th



Pilates

Mondays: 10:00 AM
Wednesdays: 10:00 AM
Starting:
Mon. Oct. 12th

Prices

Zumba \$5
Yoga + Pilates \$8
Ask about membership opportunities!

Senior Bingo

At MJCC

1st and 3rd

Tuesday's of the
month

1-2 PM

Come out and enjoy free
bingo games along with
snacks and prizes!



Activities

Flag Football

Men's 18 & older open league
Registration Deadline: Oct. 9th
Season Starts: Tues. Oct. 13th
Registration fee: \$425.00 per team



For info on activities call:
758-6522

"Girls Day Out"

At MJCC!!

Sat. Nov. 21st

10am-2pm

Girls ages 10-17
Come out to enjoy free
hair & make-up tips and
makeovers from the
students at Genesis Career
Collegell



