## East Park Regional Community Center 2024

600 Woodland Street, Nashville, TN 37206 - 615-862-8448

Fitness Classes Aquatics Senior Program Family Programs (\$) – Paid Class	Monday Hours: 6:00 AM-8:30 PM	Tuesday Hours: 6:00 AM-8:30 PM	Wednesday Hours: 6:00 AM-8:30 PM	Thursday Hours: 6:00 AM-8:30 PM	Friday Hours: 6:00 AM-7:30 PM	Saturday Hours: 8:00 AM-12:00 PM
<u>Facilities Manager</u> Demarcus Doss	Indoor Track & Fitness Center 6:00am-8:15pm	Indoor Track & Fitness Center 6:00am-8:15pm	Indoor Track & Fitness Center 6:00am-8:15pm	Indoor Track & Fitness Center 6:00am-8:15pm	Indoor Track & Fitness Center 6:00am-7:15pm	Indoor Track & Fitness Center 8:00am-3:45pm
Program Coordinator Trish Watts  Aquatics Coordinator Alisa Southall	Boot Camp w/Mike ( <mark>\$</mark> ) 6:00-7:00 AM (Gym)	Adult Open Gym (Basketball) 6:00AM-2:00 PM	Boot Camp w/Mike ( <mark>\$</mark> ) 6:00-7:00 AM (Gym)	Adult Open Gym (Basketball) 6:00-2:00 PM	Boot Camp w/Mike ( <mark>\$</mark> ) 6:00-7:00 AM (Gym)	Adult Basketball (18+) 8:30-3:30 PM
Seniors' Coordinator Sarah Ward	Adult Open Gym (Basketball) 7:30AM-2:00 PM	After-School Program 3:00-6:00 PM *Registered Students Only*	Adult Open Gym (Basketball) 7:30AM-2:00 PM	Yoga w/Elizabeth ( <mark>\$</mark> ) 7:00-8:00 AM (Dance Studio)	Adult Open Gym (Basketball) 7:30AM-2:00 PM	Zumba w/Lex ( <mark>\$</mark> ) 9:00-10:00 AM (Dance Studio)
Recreation Leaders Amanda Browder Marquez Foxx Zariah Cameron	Senior H20 9:00-10:00 AM	Zumba w/Lex ( <mark>\$</mark> ) 5:30-6:30 PM (Dance Studio)	Senior H20 9:00-10:00 AM	After-School Program 3:00-6:00 PM *Registered Students Only*	Senior H20 9:00-10:00 AM	After-School Program (Ages 6-14) **Monday-Friday**
Fred Johnson M'Lei Woodard Airris Williams	Tai Chi 9:00-10:00AM	Water Exercise (\$) 6:00-7:00 PM	Tot Time 10:30AM-11:30AM	Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)	After-School Program 3:00- 6:00 PM *Registered Students Only*	3:00 PM - 6:00 PM  The facility is closed to adults only during those times Fitness  Center will be open.
<u>Lifeguard</u> Kristen Whittington	Senior Chair Exercise 10:00-10:30 AM	Chicago Style Stepping w/Troy 6:00-7:30 PM (Theater)	After-School Program 3:00-6:00 PM *Registered Students Only*		Senior Bingo 10:00-10:45 AM	Membership Fees: Daily Pass (Fitness Center)
Class Instructors Mike W. Lex Herdon Troy Logan Elizabeth Harrington	After-School Program 3:00- 6:00 PM *Registered Students Only*	Volleyball Open Gym 6:00-8:00PM	Pickleball 6:00-8:00 PM	Line Dancing 6:00-7:30 PM (Theater)	Family Skate Night 5:30PM-7:00PM	Adult \$3.00 Youth & Senior \$1.50  10 Pass (Fitness Center) Adult \$20.00 Youth & Senior \$10.00
METRO PARKS NABHYILLE	Adult Open Gym (Basketball) 6:00PM-8:00 PM	Yoga w/Elizabeth (\$) 6:45-7:45 PM (Dance Studio)	@ "East Park Center"	Basketball Fundamentals Ages 8-14 6:15PM-7:45PM	"East Park Community Center"	30-Day Pass (Fitness Center) Adult \$30.00 Youth & Senior \$20.00 Teens 13-17 Senior 62 and up  10 Pass Fit Card (Classes) \$40.00

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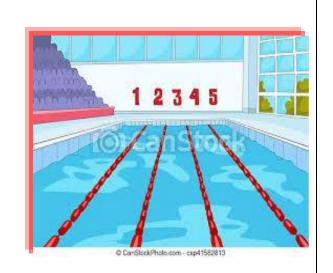
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Facilities Manager: Demarcus Doss

The following activities are offered as a part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required.

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The pool is free of charge, except where a (\$) designates a fee.	Senior H20 Exercise 9:00 AM-10:00 AM	Adult Lap Swim/ Water Walking 10:00AM-1:00 PM	Senior H20 Exercise 9:00AM-10:00 AM	Adult Lap Swim/ Water Walking 10:00AM-1:00 PM	Adult Lap Swim/ Water Walking 6:00AM-8:30 AM	Adult Lap Swim 8:00AM-1:30 PM
Pool capacity of 25 swimmers per lifeguard on deck.	Adult Lap Swim/ Water Walking 11:00 AM-1:00 PM	Open Swim 2:00PM-5:00 PM	Adult Lap Swim/ Water Walking 11:00AM-1:00 PM	Open Swim 2:00PM-5:00 PM	Senior H20 Exercise 9:00-10:00 AM	Open Swim 9:30AM-11:45 AM
	Open Swim 2:00PM-4:00 PM	Water Exercise (\$) 6:00PM-7:00 PM	Open Swim 2:00PM-4:00 PM	Water Exercise (\$) 6:00-7:00 PM	Adult Exercise/ Lap Swim 11:00AM-1:00 PM	
	Adult Lap Swim/ Water Walking 4:30PM-6:00 PM		Adult Exercise/ Lap Swim 4:30PM-6:00 PM			





Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities. Mission Statement: The Mission of Metro Nashville Community Centers is to provide quality recreational activities that are age and ability appropriate in a safe and welcoming environment. Community Centers promote wellness through positive programs that are geared toward the diverse communities in which we serve.