## Fitness Classes
- **Monday**
  - 8:00am-12:00pm Lap Swim/Water Walking
  - 1:00pm-4:00pm Lap Swim/Water Walking
  - 6:00pm-7:00pm Boot Camp w/Leslie ($)
- **Tuesday**
  - 8:00am-12:00pm Lap Swim/Water Walking
  - 1:00pm-4:00pm Lap Swim/Water Walking
  - 6:00pm-7:00pm Boot Camp w/Leslie ($)
- **Wednesday**
  - 8:00am-12:00pm Lap Swim/Water Walking
  - 1:00pm-4:00pm Lap Swim/Water Walking
  - 6:00pm-7:00pm Boot Camp w/Leslie ($) [https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx](https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx)
- **Thursday**
  - 8:00am-12:00pm Lap Swim/Water Walking
  - 1:00pm-4:00pm Lap Swim/Water Walking
  - 6:00pm-7:00pm Boot Camp w/Leslie ($) [https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx](https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx)
- **Friday**
  - 8:00am-12:00pm Lap Swim/Water Walking
  - 1:00pm-4:00pm Lap Swim/Water Walking
  - 6:00pm-7:00pm Boot Camp w/Leslie ($) [https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx](https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx)
- **Saturday**
  - 8:00am-11:00am Lap Swim/Water Walking

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### Membership Fees:
- **Daily (Fitness Center)**
  - Adult $3.00
  - Youth & Senior $1.50
- **10 Visit Pass (Fitness Center)**
  - Adult $30.00
  - Youth and Senior $10.00
- **30 Day Pass (Fitness Center)**
  - Adult $30.00
  - Youth and Senior $20.00
- **Drop in fitness class**
  - New Fee as of July 1
  - Adults $4.00
- **10 Pass Fit Card (Classes)**
  - New Fee as of July 1
  - $40.00

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### Swimming Pool Info
- Use every other lane
- Adult Lap Swim - no more than 45 min
- Sign Up Sheets - Call to sign up for a spot, to prevent waiting (due to the limit, for use of the pool)
- Must enter through front lobby to be scanned and checked in
- Dry off for 15min max (limit sitting in chairs and on the benches)
- Use the pool door to exit (to not track water through the hallways)
- Locker Rooms are closed

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- All staff and customers must wear face coverings and have temperatures checked upon arrival
- Fitness Centers open at half capacity (staff monitored) 12 people max
- Customers required to clean equipment before and after use
- No personal trainers in Phase 3.
- Fitness Classes held in gymnasium (15 participant limit)
- No open gym, no physical contact or equipment sharing sports
- Walking Track (only 8 patrons at a time)
- Pools open for lap swim only (2 lanes)
- Restrooms Open (only 2 at a time)
- Water Fountains, Locker Rooms, and Meeting Rooms are closed