




East Park Regional Community Center 2024

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

<div>Fitness Classes</div> <div>Aquatics</div> <div>Senior Program</div> <div>Family Programs</div> <div>(\$)<div>– Paid Class</div></div>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hours: 6:00 AM-8:30 PM	Hours: 6:00 AM-8:30 PM	Hours: 6:00 AM-8:30 PM	Hours: 6:00 AM-8:30 PM	Hours: 6:00 AM-7:30 PM	Hours: 8:00 AM-12:00 PM
	<div>Indoor Track & Fitness Center</div> <div>6:00am-8:15pm</div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-8:15pm</div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-8:15pm</div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-8:15pm</div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-7:15pm</div>	<div>Indoor Track & Fitness Center</div> <div>8:00am-3:45pm</div>
	<div>Boot Camp w/Mike (\$)</div> <div>6:00-7:00 AM</div> <div>(Gym)</div>	<div>Adult Open Gym (Basketball)</div> <div>6:00AM-2:00 PM</div>	<div>Boot Camp w/Mike (\$)</div> <div>6:00-7:00 AM</div> <div>(Gym)</div>	<div>Adult Open Gym (Basketball)</div> <div>6:00-2:00 PM</div>	<div>Boot Camp w/Mike (\$)</div> <div>6:00-7:00 AM</div> <div>(Gym)</div>	<div>Adult Basketball (18+)</div> <div>8:30-3:30 PM</div>
	<div>Adult Open Gym (Basketball)</div> <div>7:30AM-2:00 PM</div>	<div>After-School Program</div> <div>3:00-6:00 PM</div> <div>*Registered Students Only*</div>	<div>Adult Open Gym (Basketball)</div> <div>7:30AM-2:00 PM</div>	<div>Yoga w/Elizabeth (\$)</div> <div>7:00-8:00 AM</div> <div>(Dance Studio)</div>	<div>Adult Open Gym (Basketball)</div> <div>7:30AM-2:00 PM</div>	<div>Zumba w/Lex (\$)</div> <div>9:00-10:00 AM</div> <div>(Dance Studio)</div>
<div>Facilities Manager</div> <div>Demarcus Doss</div> <div>Program Coordinator</div> <div>Trish Watts</div> <div>Seniors’ Coordinator</div> <div>Sarah Ward</div> <div>Recreation Leaders</div> <div>Amanda Browder</div> <div>Marquez Foxx</div> <div>Zariah Cameron</div> <div>Fred Johnson</div> <div>Nicholas Ulumenfo</div> <div>M’Lei Woodard</div> <div>Airris Williams</div> <div>Lifeguard</div> <div>Kristen Whittington</div> <div>Class Instructors</div> <div>Mike W.</div> <div>Lex Herdon</div> <div>Troy Logan</div> <div>Latifa Dasilva</div> <div>Elizabeth Harrington</div> <div></div>	<div>Senior H2O</div> <div>9:00-10:00 AM</div>	<div>Zumba w/Lex (\$)</div> <div>5:30-6:30 PM</div> <div>(Dance Studio)</div>	<div>Senior H2O</div> <div>9:00-10:00 AM</div>	<div>After-School Program</div> <div>3:00-6:00 PM</div> <div>*Registered Students Only*</div>	<div>Senior H2O</div> <div>9:00-10:00 AM</div>	<div>After-School Program</div> <div>(Ages 6-14)</div> <div>**Monday-Friday**</div> <div>3:00 PM - 6:00 PM</div> <div>The facility is closed to adults only during those times Fitness Center will be open.</div> <div><div>Membership Fees:</div><div>Daily Pass (Fitness Center)</div><div>Adult \$3.00</div><div>Youth & Senior \$1.50</div><div>10 Pass (Fitness Center)</div><div>Adult \$20.00</div><div>Youth & Senior \$10.00</div><div>30-Day Pass (Fitness Center)</div><div>Adult \$30.00</div><div>Youth & Senior \$20.00</div><div>Teens 13-17</div><div>Senior 62 and up</div><div>10 Pass Fit Card (Classes)</div><div>\$40.00</div></div>
	<div>Tai Chi</div> <div>9:00-10:00AM</div>	<div>Water Exercise (\$)</div> <div>6:00-7:00 PM</div>	<div>Tot Time</div> <div>10:30AM-11:30AM</div>	<div>Zumba w/Lex (\$)</div> <div>5:30-6:30 PM</div> <div>(Dance Studio)</div>	<div>After-School Program</div> <div>3:00-6:00 PM</div> <div>*Registered Students Only*</div>	
	<div>Senior Chair Exercise</div> <div>10:00-10:30 AM</div>	<div>Chicago Style Stepping w/Troy</div> <div>6:00-7:30 PM (Theater)</div>	<div>After-School Program</div> <div>3:00-6:00 PM</div> <div>*Registered Students Only*</div>	<div>Water Exercise (\$)</div> <div>6:00-7:00 PM</div>	<div>Senior Bingo</div> <div>10:00-10:45 AM</div>	
	<div>After-School Program</div> <div>3:00-6:00 PM</div> <div>*Registered Students Only*</div>	<div>Volleyball Open Gym</div> <div>6:00-8:00PM</div>	<div>Pickleball</div> <div>6:00-8:00 PM</div>	<div>Chicago Style Stepping w/Troy</div> <div>6:00-7:30 PM (Theater)</div>	<div>Family Skate Night</div> <div>5:30PM-7:00PM</div>	
	<div>Adult Open Gym (Basketball)</div> <div>6:00PM-8:00 PM</div>	<div>Yoga w/Elizabeth (\$)</div> <div>6:45-7:45 PM</div> <div>(Dance Studio)</div>	<div></div> <div>@</div> <div>“East Park Center”</div>	<div>Basketball Fundamentals</div> <div>Ages 8-14</div> <div>6:15PM-7:45PM</div>	<div></div> <div>@</div> <div>“East Park Community Center”</div>	

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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. Pool capacity of 25 swimmers per lifeguard on deck.	Senior H2O Exercise 9:00-10:00 AM	Adult Lap Swim 11:00-1:00 PM	Senior H2O Exercise 9:00-10:00 AM	Adult Lap Swim 11:00-1:00 PM	Senior H2O Exercise 9:00-10:00 AM	Adult Lap Swim 9:00-11:45 AM
	Adult Lap Swim 11:00-1:00 PM	Open Swim 2:00-4:00 PM	Adult Lap Swim 11:00-1:00 PM	Group Swim Lessons (\$) 5:15-6:00 PM	Adult Lap Swim 11:00-1:00 PM	
	Open Swim 2:00-4:00 PM	Group Swim Lessons (\$) 5:15-6:00 PM	Open Swim 2:00-4:00 PM	Water Exercise (\$) 6:00-7:00 PM	Afterschool Kids Swim Last Friday of the Month *Registered Kids Only* 4:00-5:30PM	
	Adult Lap Swim 5:00PM-7:00 PM	Water Exercise (\$) 6:00-7:00 PM	Adult Lap Swim 5:00PM-7:00 PM			



For accessibility inquiries, call 615-862-8400

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.