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
Facilities Manager 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 Seniors' Coordinator Sarah Ward	Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)	Adult Open Gym (Basketball) 6:00AM-2:00 PM	Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)	Adult Open Gym (Basketball) 6:00-2:00 PM	Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)	Adult Basketball (18+) 8:30-3:30 PM
Recreation Leaders Amanda Browder Marquez Foxx	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 (\$) 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)
Zariah Cameron Fred Johnson Nicholas Ulumenfo M'Lei Woodard	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**
Airris Williams <u>Lifeguard</u>	Tai Chi 9:00-10:00AM	Water Exercise (\$) 6:00-7:00 PM	Tot Time 10:30AM-11:30AM	Zumba w/Lex (<mark>\$</mark>) 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
Kristen Whittington Class Instructors Mike W.	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*	Water Exercise (\$) 6:00-7:00 PM	Senior Bingo 10:00-10:45 AM	Center will be open. Membership Fees: Daily Pass (Fitness Center)
Lex Herdon Troy Logan Latifa Dasilva Elizabeth Harrington	After-School Program 3:00- 6:00 PM *Registered Students Only*		Pickleball 6:00-8:00 PM	Chicago Style Stepping w/Troy 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
	Adult Open Gym (Basketball) 6:00PM-8:00 PM	Yoga w/Elizabeth (<mark>\$</mark>) 6:45-7:45 PM (Dance Studio)		Basketball Fundamentals Ages 8-14 6:15PM-7:45PM	Like us on facebook.	Youth & Senior \$10.00 30-Day Pass (Fitness Center) Adult \$30.00 Youth & Senior \$20.00
METRO PARKS NASHVILLE EXTAM. OPERIO 1901	Dance Fit w/Latifa (<mark>\$</mark>) 7:00-8:00 PM (Dance Studio)	@ "East Park Center"			@ "East Park Community Center"	Teens 13-17 Senior 62 and up 10 Pass Fit Card (Classes) \$40.00

East Park Regional Community Center

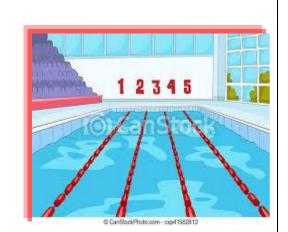
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Facilities Manager: Demarcus Doss

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 9:00-10:00 AM	Adult Lap Swim 11:00-1:00 PM	Senior H20 Exercise 9:00-10:00 AM	Adult Lap Swim 11:00-1:00 PM	Senior H20 Exercise 9:00-10:00 AM	Adult Lap Swim 9:00-11:45 AM
Pool capacity of 25 swimmers per lifeguard on deck.	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*	
	Adult Lap Swim 5:00PM-7:00 PM	Water Exercise (\$) 6:00-7:00 PM	Adult Lap Swim 5:00PM-7:00 PM		4:00-5:30PM	





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.