


# East Park Regional Community Center 2024

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

<b>Fitness Classes</b> Aquatics Senior Program Family Programs (\$) – Paid Class	<b>Monday Hours:</b> 6:00 AM-8:30 PM	<b>Tuesday Hours:</b> 6:00 AM-8:30 PM	<b>Wednesday Hours:</b> 6:00 AM-8:30 PM	<b>Thursday Hours:</b> 6:00 AM-8:30 PM	<b>Friday Hours:</b> 6:00 AM-7:30 PM	<b>Saturday Hours:</b> 8:00 AM-12:00 PM
<b>Facilities Manager</b> Demarcus Doss  <b>Program Coordinator</b> Trish Watts  <b>Aquatics Coordinator</b> Alisa Southall  <b>Seniors' Coordinator</b> Sarah Ward  <b>Recreation Leaders</b> Amanda Browder Marquez Foxx Zariah Cameron Fred Johnson Airris Williams  <b>Lifeguard</b> Kristen Whittington  <b>Class Instructors</b> Mike W. Lex Herdon Troy Logan Elizabeth Harrington  	<p>Indoor Track &amp; Fitness Center 6:00am-8:15pm</p> <p>Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)</p> <p>Adult Open Gym (Basketball) 7:15AM-8:45 AM</p> <p>Summer Camp *Building Only Available for Registered Campers* 9:00-4:30 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Tai Chi 9:00-10:00AM</p> <p>Senior Chair Exercise 10:00-10:30 AM</p> <p>Youth Open Gym Ages 10-17 Only 4:30PM-6:00PM</p> <p>Adult Open Gym (Basketball) 6:00PM-8:00 PM</p>	<p>Indoor Track &amp; Fitness Center 6:00am-8:15pm</p> <p>Adult Open Gym (Basketball) 6:00AM-8:45 AM</p> <p>Summer Camp *Building Only Available for Registered Campers* 9:00-4:30 PM</p> <p>Youth Open Gym Ages 10-17 Only 4:45PM-6:00PM</p> <p>Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)</p> <p>Water Exercise (\$) 6:00-7:00 PM</p> <p>Chicago Style Stepping w/Troy 6:00-7:30 PM (Theater)</p> <p>Volleyball Open Gym 6:00-8:00PM</p> <p>Yoga w/Elizabeth (\$) 6:45-7:45 PM (Dance Studio)</p>	<p>Indoor Track &amp; Fitness Center 6:00am-8:15pm</p> <p>Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)</p> <p>Adult Open Gym (Basketball) 7:15AM-8:45 AM</p> <p>Summer Camp *Building Only Available for Registered Campers* 9:00-4:30 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Youth Open Gym Ages 10-17 Only 4:30PM-6:00PM</p> <p>Pickleball 6:00-8:00 PM</p> <p>@ "East Park Center"</p>	<p>Indoor Track &amp; Fitness Center 6:00am-8:15pm</p> <p>Adult Open Gym (Basketball) 6:00-8:45 AM</p> <p>Yoga w/Elizabeth (\$) 7:00-8:00 AM (Dance Studio)</p> <p>Summer Camp *Building Only Available for Registered Campers* 9:00-4:30 PM</p> <p>Youth Open Gym Ages 10-17 Only 4:30PM-6:00PM</p> <p>Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)</p> <p>Water Exercise (\$) 6:00-7:00 PM</p> <p>Youth Basketball Fundamentals 6:15PM-7:45PM</p>	<p>Indoor Track &amp; Fitness Center 6:00am-7:15pm</p> <p>Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)</p> <p>Adult Open Gym (Basketball) 7:15AM-8:45 AM</p> <p>Summer Camp *Building Only Available for Registered Campers* 9:00-4:30 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Senior Bingo 10:00-10:45 AM</p> <p>Family Skate Night 5:30PM-7:00PM</p> <p>@ "East Park Community Center"</p>	<p>Indoor Track &amp; Fitness Center 8:00am-3:45pm</p> <p>Adult Basketball (18+) 8:30-3:30 PM</p> <p>Zumba w/Lex (\$) 9:00-10:00 AM (Dance Studio)</p> <p>After-School Program (Ages 6-14) **Monday-Friday** 3:00 PM - 6:00 PM</p> <p>The facility is closed to adults only during those times Fitness Center will be open.</p> <p><b>Membership Fees:</b>                      Daily Pass (Fitness Center)                      Adult \$3.00                      Youth &amp; Senior \$1.50                       10 Pass (Fitness Center)                      Adult \$20.00                      Youth &amp; Senior \$10.00                       30-Day Pass (Fitness Center)                      Adult \$30.00                      Youth &amp; Senior \$20.00                      Teens 13-17                      Senior 62 and up                       10 Pass Fit Card (Classes) \$40.00</p>



# 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 H2O Exercise 9:00 AM-10:00 AM	Adult Lap Swim/ Water Walking 10:00AM-12:00 PM	Senior H2O Exercise 9:00AM-10:00 AM	Adult Lap Swim/ Water Walking 10:00AM-1:00 PM	Adult Lap Swim/ Water Walking 7:00AM-8:30 AM	Adult Lap Swim 8:00AM-9:45 AM
Pool capacity of 25 swimmers per lifeguard on deck.	Adult Lap Swim/ Water Walking 11:00 AM-1:00 PM	Camp Swim *Registered Campers Only* 1:15PM-3PM	Adult Lap Swim/ Water Walking 11:00AM-12:30 PM	Camp Swim *Registered Campers Only* 1:15PM-3PM	Senior H2O Exercise 9:00-10:00 AM	Open Swim 10:00AM-11:30 AM
	Open Swim 2:00PM-4:00 PM	Open Swim 4:00PM-5:30 PM	Camp Swim *Registered Campers Only* 1:15PM-3PM	Open Swim 4:00PM-5:30 PM	Adult Exercise/ Lap Swim 11:00AM-2:00 PM	
	Adult Lap Swim/ Water Walking 4:30PM-6:00 PM	Water Exercise (\$) 6:00PM-7:00 PM	Open Swim 4:30PM-6:00 PM	Water Exercise (\$) 6:00-7:00 PM		



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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.