




Smith Springs Regional Community Center

2801 Smith Springs Road, Nashville, TN 37217, 615-862-8420 | Fitness and Recreation

Fitness Classes Youth Programs Gymnasium Leisure Activity	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-4:00pm
<p>Fall 2025 Program Schedule (Revised 9/10/2025)</p> <p><u>Facilities Manager</u> Barbara Manuel</p> <p><u>Program Coordinator</u> Fiorella Anderson</p> <p><u>Recreation Staff</u> Reginald Robinson Edward Garcia Riley Eberhard Marquette Knight Michael Stevenson Treasure Hampton Greg Bass Sharie York</p> <p><u>Office Support Representative</u> Tiffany Jones</p> <p><u>Instructors</u> Sandy Cunningham Charturah Smith Smith Springs Staff</p> <div></div> <p><u>Fitness Center & Track Hours</u> Mon-Thur: 6am-8:30pm Fri: 6am-7:30pm Sat: 8am-4:00pm</p>	<p>6:15am-9:30am <u>Open Gym Basketball</u> <u>18 & Up</u></p> <div><p>9:00am-10:00am <u>Strength & Movement</u> <u>(Low Impact) (\$)</u> <u>w/Mike</u></p></div> <p>10:30am-11:30am <u>Fitness Center Orientation</u> <u>w/ Mike</u> <u>(1st Monday/Month)</u></p> <div><p>3:00pm-6:00pm <u>Afterschool Program</u> <u>(Must be enrolled)</u></p></div> <p>4:30pm-6:00pm <u>Family Time (Open Gym)</u> <u>(Must be accompanied by</u> <u>an adult ½ Court)</u></p> <div><p>6:00pm-7:00pm <u>Young Adult Book Club</u> <u>(2nd & 4th Mondays)</u></p><p>6:30pm-8:00pm <u>Pickleball</u> <u>Ages 15 & up</u></p></div>	<p>6:15am-8:30am <u>Open Gym Basketball</u> <u>18 & Up</u></p> <p>8:30am-9:30am <u>Still Got Game 50 & Up</u> <u>Open Gym Basketball</u></p> <div><p>10:30am-11:30am <u>Tot Time</u> <u>(1-5 years old)</u></p><p>3:00pm-6:00pm <u>Afterschool Program</u> <u>(Must be enrolled)</u></p><p>4:00pm-5:30pm <u>Teen Open Gym ½ Court</u> <u>(13-17 years old)</u></p><p>5:30pm-6:30pm <u>Metro Parks Youth Choir</u> <u>(Registration Required)</u></p></div> <p>6:00pm-7:00pm <u>Fitness Center Orientation</u> <u>w/ Mike</u> <u>(4th Tuesday/Month)</u></p> <div><p>6:30pm-8:00pm <u>Volleyball Night</u> <u>Ages 15 & up</u></p></div>	<p>6:15am-9:30am <u>Open Gym Basketball</u> <u>18 & Up</u></p> <div><p>9:00am-10:00am <u>Strength & Movement</u> <u>(Low Impact) (\$)</u> <u>w/Mike</u></p><p>10:00am-11:00am <u>Line Dance</u></p></div> <p>11:00am-12:00pm <u>Smith Springs Book Club</u> <u>(2nd Wednesday/Month)</u></p> <div><p>12:30pm-1:30pm <u>Homeschool Zone</u></p><p>3:00pm-6:00pm <u>Afterschool Program</u> <u>(Must be enrolled)</u></p></div> <p>4:30pm-6:00pm <u>Family Time (Open Gym)</u> <u>(Must be accompanied by</u> <u>an adult ½ Court)</u></p> <p>6:15pm-7:45pm <u>All In One</u> <u>Basketball Training</u> <u>(7th-12th Graders)</u></p>	<p>6:15am-8:30am <u>Open Gym Basketball</u> <u>18 & Up</u></p> <p>8:30am-9:30am <u>Still Got Game 50 & Up</u> <u>Open Gym Basketball</u></p> <div><p>10:30am-11:15am <u>Wiggle & Play Tot Time</u> <u>(1-5 years old)</u></p></div> <div><p>11:30am-1:30pm <u>Pickleball</u> <u>(Learn to Play 11:30am-12pm)</u></p><p>12:00pm-2:30pm <u>Card & Board Games</u></p></div> <div><p>3:00pm-6:00pm <u>Afterschool Program</u> <u>(Must be enrolled)</u></p><p>4:00pm-5:30pm <u>Teen Open Gym ½ Court</u> <u>(13-17 years old)</u></p></div> <p>6:15pm-7:15pm <u>Soccer League Practice</u> <u>(Must be enrolled)</u></p> <p>6:30pm-7:30pm <u>Brainy Bunch</u> <u>Young Adult Game Night</u> <u>(1st & 3rd Thursdays)</u></p> <div><p>6:30pm-7:30pm <u>Bootcamp (\$)</u> <u>w/Mike</u></p><p>7:00pm-8:00pm <u>Family Line Dance</u></p></div>	<p>6:15am-9:30am <u>Open Gym Basketball</u> <u>18 & Up</u></p> <div><p>10:00am-11:00am <u>Line Dance</u></p><p>3:00pm-6:00pm <u>Afterschool Program</u> <u>(Must be enrolled)</u></p><p>4:30pm-5:30pm <u>Girl Scouts</u> <u>(Registration required)</u></p><p>5:30pm-7:00pm <u>Family Skate Night</u> <u>(Limited Sizes Available)</u></p></div> <div><p><u>Fees:</u> <u>Fitness Center Daily Pass</u> Adult \$3.00 Teens/Senior/Military \$1.50 <u>Fitness Center 10 Visit Pass</u> Adult \$20.00 Teens/Senior/Military \$10.00 <u>Fitness Center Monthly Pass</u> Adult \$30.00 Teens/Senior/Military \$20.00 <u>Fitness Center Yearly Pass</u> Adult \$250.00 Teens/Senior/Military \$150.00</p><p><i>Senior 62 and up (\$)</i> – Paid Classes</p></div>	<p>8:15am-9:45am <u>Open Gym Basketball</u> <u>18 & Up</u></p> <p>10:00am-12:00pm <u>Active and Healthy Families</u> <u>Open Gym</u> <u>(Must be accompanied by an adult)</u></p> <p>1:00pm-3:00pm <u>Open Gym Basketball</u> <u>17 & under</u> <u>(Kids 10 & under must be accompanied by an adult)</u></p> <div><div><div>Like us on facebook</div><div></div></div><p>@SmithSpringsCC</p><p>@SmithSpringsCommunity</p><p><i>*Schedule subject to change for special events and during Metro Nashville Public School breaks.</i></p></div>