




East Park Regional Community Center 2025

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>(\$) – \$4 Paid Class</div>	<div>Monday</div> <div>Hours:</div> <div>6:00 AM-8:30 PM</div>	<div>Tuesday</div> <div>Hours:</div> <div>6:00 AM-8:30 PM</div>	<div>Wednesday</div> <div>Hours:</div> <div>6:00 AM-8:30 PM</div>	<div>Thursday</div> <div>Hours:</div> <div>6:00 AM-8:30 PM</div>	<div>Friday</div> <div>Hours:</div> <div>6:00 AM-7:30 PM</div>	<div>Saturday</div> <div>Hours:</div> <div>8:00 AM-4:00 PM</div>
<div>Facilities Manager</div> <div>Demarcus Doss</div> <div>Program Coordinator</div> <div>Trish Watts</div> <div>Aquatics Coordinator</div> <div>Alisa Southall</div> <div>Sr. Recreation Leader</div> <div>Amanda Browder</div> <div>Recreation Leaders</div> <div>Marquez Foxx</div> <div>Griffin Magness</div> <div>Natalie Thomas</div> <div>Fred Johnson</div> <div>Ausha Cartwright</div> <div>Ayoola Aladesanyi</div> <div>Lifeguard</div> <div>Kristen Whittington</div> <div>Kaleb Dudley</div> <div>Class Instructors</div> <div>Mike W.</div> <div>Lex Herdon</div> <div>Troy Logan</div> <div>Elizabeth Harrington</div> <div>Cecily Smith</div> <div></div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-8:15pm</div> <div>Boot Camp w/Mike (\$)</div> <div>6:00-7:00 AM</div> <div>(Gym)</div> <div>Adult Open Gym (Basketball)</div> <div>7:00AM-2:00 PM</div> <div>After-School Program</div> <div>*Only Registered Students*</div> <div>3:00PM-6:00 PM</div> <div>Senior H20</div> <div>9:00-10:00 AM</div> <div>Tai Chi</div> <div>9:00AM-10:00AM</div> <div>Senior Chair Exercise</div> <div>10:00-10:30 AM</div> <div>Youth Open Gym</div> <div>Ages 10-17 Only</div> <div>3:00PM-6:00PM</div> <div>Adult Open Gym (Basketball)</div> <div>6:00PM-8:00 PM</div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-8:15pm</div> <div>Adult Open Gym (Basketball)</div> <div>7:00AM-2:00 PM</div> <div>Pickleball</div> <div>11:30AM-12:30PM</div> <div>After-School Program</div> <div>*Only Registered Students*</div> <div>3:00PM-6:00 PM</div> <div>Youth Open Gym</div> <div>Ages 10-17 Only</div> <div>3:00PM-6:00PM</div> <div>Zumba w/Lex (\$)</div> <div>5:30-6:30 PM</div> <div>(Dance Studio)</div> <div>Water Exercise (\$)</div> <div>6:00-7:00 PM</div> <div>Chicago Style Stepping w/Troy</div> <div>6:00-7:30 PM (Theater)</div> <div>Volleyball Open Gym</div> <div>6:00-8:00PM</div> <div>Yoga w/Elizabeth (\$)</div> <div>6:45-7:45 PM</div> <div>(Dance Studio)</div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-8:15pm</div> <div>Boot Camp w/Mike (\$)</div> <div>6:00-7:00 AM</div> <div>(Gym)</div> <div>Adult Open Gym (Basketball)</div> <div>7:00AM-2:00 PM</div> <div>Tot Time</div> <div>10:00AM-11:00AM</div> <div>Senior H20</div> <div>9:00-10:00 AM</div> <div>After-School Program</div> <div>*Only Registered Students*</div> <div>3:00PM-6:00 PM</div> <div>Youth Open Gym</div> <div>Ages 10-17 Only</div> <div>3:00PM-6:00PM</div> <div>Pickleball</div> <div>6:00-8:00PM</div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-8:15pm</div> <div>Adult Open Gym (Basketball)</div> <div>7:00AM-2:00 PM</div> <div>After-School Program</div> <div>*Only Registered Students*</div> <div>3:00PM-6:00 PM</div> <div>Youth Open Gym</div> <div>Ages 10-17 Only</div> <div>4:00PM-8:00PM</div> <div>Zumba w/Lex (\$)</div> <div>5:30-6:30 PM</div> <div>(Dance Studio)</div> <div>Water Exercise (\$)</div> <div>6:00-7:00 PM</div> <div><div> Like us on facebook</div><div>@</div><div>“East Park Community Center”</div><div></div><div>@</div><div>“East Park Center”</div></div>	<div>Indoor Track & Fitness Center</div> <div>6:00am-7:15pm</div> <div>Boot Camp w/Mike (\$)</div> <div>6:00-7:00 AM</div> <div>(Gym)</div> <div>Adult Open Gym (Basketball)</div> <div>7:00AM-2:00 PM</div> <div>Senior H20</div> <div>9:00-10:00 AM</div> <div>Senior Bingo</div> <div>10:00-10:45 AM</div> <div>After-School Program</div> <div>*Only Registered Students*</div> <div>3:00PM-6:00 PM</div> <div>Family Game/Skate Night</div> <div>4:00-6:00PM</div> <div>Youth Open Gym</div> <div>Ages 10-17 Only</div> <div>2:30PM-6:00PM</div> <div>After-School Program (Ages 6-14)</div> <div>**Monday-Friday**</div> <div>3:00 PM - 6:00 PM</div> <div>The facility is closed to adults during those times, but Fitness Center and track will be open</div>	<div>Indoor Track & Fitness Center</div> <div>8:00am-3:45pm</div> <div>ACT Prep</div> <div>(open to all HS students)</div> <div>8:00AM-12:00 PM</div> <div>Adult Basketball Open Gym</div> <div>8:15AM-12:30 PM</div> <div>Zumba w/Lex (\$)</div> <div>9:00-10:00 AM</div> <div>(Dance Studio)</div> <div>Women & Family Basketball Open Gym</div> <div>12:30PM-3:30PM</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>

East Park Regional Community Center

600 Woodland Street, Nashville, TN 37206 - 615-862-6824

Facilities Manager: Demarcus Doss Aquatics Coordinator: Alisa Southall

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. 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.

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>The pool is free of charge, except where a (\$) designates a fee.</div> <div>Pool capacity of 25 swimmers per lifeguard on deck.</div> <div><div>ESTABLISHED 1901</div><div>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.</div></div>	Senior H2O Exercise 10:00AM-11:00 AM	Adult Lap Swim 10:00AM-12:00 PM	Senior H2O Exercise 10:00AM-11:00 AM	Adult Lap Swim 10:00AM-12:00 PM	Senior H2O Exercise 10:00-11:00 AM	Adult Lap Swim 8:00AM-10:00 AM
	Adult Lap Swim 12:00PM-3:00 PM	Baby & Me 9:00M-11:00 AM	Adult Lap Swim 12:00PM-3:00 PM	Baby & Me 9:00M-11:00 AM	Adult Lap Swim 11:00AM-2:00 PM	Open Swim 10:00AM-12:00 PM
	Open Swim 3:00PM-5:00 PM	Open Swim 3:00PM-5:00 PM	After-School Swim *Registered students only* 3:00PM-4:45 PM	Open Swim 3:00PM-5:00 PM		
	Adult Lap Swim 5:00PM-6:00 PM	Swim Lessons (\$) 5:00 PM-6:00 PM	Floating Meditation 5:00PM-6:00 PM	Swim Lessons (\$) 5:00 PM-6:00 PM		
		Water Exercise (\$) 6:00PM-7:00 PM		Water Exercise (\$) 6:00-7:00 PM		

