

# East Park Regional Community Center 2026

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

<b>Fitness Classes</b> Aquatics Senior Program Family Programs (\$) – \$4 Paid Class	<b>Monday</b> Hours: 6:00 AM-8:30 PM	<b>Tuesday</b> Hours: 6:00 AM-8:30 PM	<b>Wednesday</b> Hours: 6:00 AM-8:30 PM	<b>Thursday</b> Hours: 6:00 AM-8:30 PM	<b>Friday</b> Hours: 6:00 AM-7:30 PM	<b>Saturday</b> Hours: 8:00 AM-4:00 PM
<p><b>Facilities Manager</b> Demarcus Doss</p> <p><b>Program Coordinator</b> Trish Watts</p> <p><b>Aquatics Coordinator</b> Kristen Whittington</p> <p><b>Seniors Coordinator</b> Jessica Anderson</p> <p><b>Sr. Recreation Leader</b> Amanda Browder</p> <p><b>Recreation Leaders</b> Marquez Foxx Griffin Magness Natalie Thomas Fred Johnson Ausha Cartwright Jai Lin Salas</p> <p><b>Lifeguard</b> Kaleb Dudley</p> <p><b>Class Instructors</b> Mike W. Lex Herdon Troy Logan Elizabeth Harrington</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 Basketball Open Gym 7:00AM-2:00 PM</p> <p>After-School Program *Only Registered Students* 3:00PM-6:00 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Senior Chair Exercise 10:00-10:30 AM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM</p> <p>Adult Basketball Open Gym 6:00PM-8:00 PM</p>	<p>Indoor Track &amp; Fitness Center 6:00am-8:15pm</p> <p>Adult Basketball Open Gym 7:00AM-11:15AM</p> <p>Pickleball (Gym) 11:30AM-1:30PM</p> <p>After-School Program *Only Registered Students* 3:00PM-6:00 PM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-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>Chicago Style Stepping w/Troy 6:00-7:30 PM (Theater)</p> <p>Jr. NBA Practice 5:45-7:15pm (Gym)</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 Basketball Open Gym 7:00AM-2:00 PM</p> <p>Tot Time (Theater) 10:00AM-11:00AM</p> <p>Senior H20 9:00-10:00 AM</p> <p>After-School Program *Only Registered Students* 3:00PM-6:00 PM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM</p> <p>Jr. NBA Practice 5:30-6:45pm (Gym)</p>	<p>Indoor Track &amp; Fitness Center 6:00am-8:15pm</p> <p>Adult Basketball Open Gym 7:00AM-2:00 PM</p> <p>After-School Program *Only Registered Students* 3:00PM-6:00 PM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM</p> <p>Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)</p> <p>Jr. NBA Practice 6:00-7:00pm (Gym)</p> <p>Water Exercise (\$) 6:00-7:00 PM</p> <p>Facebook: @East Park Community Center</p> <p>Instagram: @East Park Center</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 Basketball Open Gym 7:00AM-2:00 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Senior Bingo 10:00-10:45 AM</p> <p>After-School Program *Only Registered Students* 3:00PM-6:00 PM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM</p> <p>After-School Program (Ages 6-14) **Monday-Friday** 3:00 PM - 6:00 PM</p> <p><b>The facility is closed to adults during those times, but Fitness Center and track will be open</b></p>	<p>Indoor Track &amp; Fitness Center 8:00am-3:45pm</p> <p>ACT Prep (open to all HS students) 8:00AM-12:00 PM</p> <p>Adult Basketball Open Gym 8:15AM-12:30 PM</p> <p>Zumba w/Lex (\$) 9:00-10:00 AM (Dance Studio)</p> <p>Women &amp; Family Basketball Open Gym 12:30PM-3:30PM</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

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

Facilities Manager: Demarcus Doss Aquatics Coordinator: Kristen Whittington

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
<p>The pool is free of charge, except where a (\$) designates a fee.</p> <p>Pool capacity of 25 swimmers per lifeguard on deck.</p>  <p>ESTABLISHED 1901</p> <p>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.</p>	<p><b>Adult Lap Swim</b> 8:00AM-10:00 AM</p>	<p><b>Baby &amp; Me</b> 9:00M-11:00 AM</p>	<p><b>Adult Lap Swim</b> 8:00AM-10:00 AM</p>	<p><b>Baby &amp; Me</b> 9:00AM-11:00 AM</p>	<p><b>Senior H2O Exercise</b> 10:00-11:00 AM</p>	<p><b>Adult Lap Swim</b> 8:00AM-10:00 AM</p>
	<p><b>Senior H2O Exercise</b> 10:00AM-11:00 AM</p>	<p><b>Adult Lap Swim</b> 12:00PM-3:00 PM</p>	<p><b>Senior H2O Exercise</b> 10:00AM-11:00 AM</p>	<p><b>Adult Lap Swim</b> 12:00PM-3:00 PM</p>	<p><b>Adult Lap Swim</b> 11:00AM-2:00 PM</p>	<p><b>Open Swim</b> 10:00AM-12:00 PM</p>
	<p><b>Adult Lap Swim</b> 12:00PM-3:00 PM</p>	<p><b>Open Swim</b> 3:00PM-5:00 PM</p>	<p><b>Adult Lap Swim</b> 12:00PM-3:00 PM</p>	<p><b>Open Swim</b> 3:00PM-5:00 PM</p>	<p><b>Special Programming</b> 11:00AM-12:00PM *Closed to the Public*</p>	
	<p><b>Open Swim</b> 3:00PM-5:00 PM</p>	<p><b>Swim Lessons (\$)</b> 5:00 PM-6:00 PM</p>	<p><b>After-School Swim</b> *Registered students only* 3:00PM-4:45 PM</p>	<p><b>Swim Lessons (\$)</b> 5:00 PM-6:00 PM</p>		
	<p><b>Adult Lap Swim</b> 5:00PM-6:00 PM</p>	<p><b>Water Exercise (\$)</b> 6:00PM-7:00 PM</p>	<p><b>Water Zumba w/Lex (\$)</b> 5:15PM-6:15PM</p>	<p><b>Water Exercise (\$)</b> 6:00PM-7:00 PM</p>		

