




# 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>Class Instructors</b> Mike W. Lex Herdon Troy Logan Liz 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>Youth Summer Camp *Only Registered Campers* Gym Closed to the Public 8:45AM-4:15 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 4:00PM-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 6:00AM-8:30AM</p> <p>Youth Summer Camp *Only Registered Campers* Gym Closed to the Public 8:45AM-4:15 PM</p> <p>Youth Open Gym Ages 10-17 Only 4:00PM-6:00PM</p> <p>Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)</p> <p>H2O Exercise (\$) 6:00-7:00 PM</p> <p>Chicago Style Stepping w/Troy (Theater) 6:00-7:30 PM</p> <p>CRAFT Basketball (Gym) June 9<sup>th</sup> – July 14<sup>th</sup> 5:45PM-8:00PM</p> <p>Yoga w/Elizabeth (\$) (Dance Studio) 6:45-7:45 PM</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>Youth Summer Camp *Only Registered Campers* Gym Closed to the Public 8:45AM-4:15 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Young Men Mentoring Program Ages 10-17 (Theater) 4:30PM-5:30PM</p> <p>Pickleball (Gym) 4:30PM-5:45PM</p> <p>Basketball Practice (Gym) 6:00PM-8:00PM</p> <p> Like us on facebook @ "East Park Community Center"</p> <p> @ "East Park Center"</p>	<p>Indoor Track &amp; Fitness Center 6:00am-8:15pm</p> <p>Adult Basketball Open Gym 6:00AM-8:30 AM</p> <p>Youth Summer Camp *Only Registered Campers* Gym Closed to the Public 8:45AM-4:15 PM</p> <p>Youth Open Gym Ages 10-17 Only 4:00PM-6:00PM</p> <p>Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)</p> <p>CRAFT Basketball (Gym) June 9<sup>th</sup> – July 14<sup>th</sup> 5:45PM-8:00PM</p> <p>H2O Exercise (\$) 6:00-7:00 PM</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>Youth Summer Camp *Only Registered Campers* Gym Closed to the Public 8:45AM-4:15 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Senior Bingo 10:00-10:45 AM</p> <p>Youth Open Gym Ages 10-17 Only 4:00PM-6:00PM</p> <p>Summer Program (Ages 6-14) **Monday-Friday** 9:00 AM - 4:00 PM The facility is closed to adults during those times, but Fitness Center and track will be open</p>	<p>Indoor Track &amp; Fitness Center 8:00am-3:45pm</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</p> <p>10 Pass (Fitness Center) Adult \$20.00 Youth &amp; Senior \$10.00</p> <p>30-Day Pass (Fitness Center) Adult \$30.00 Youth &amp; Senior \$20.00 Teens 13-17 Senior 62 and up</p> <p>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>Senior H2O Exercise 10:00AM-11:00 AM</p>	<p>Baby &amp; Me 9:00M-11:00 AM</p>	<p>Senior H2O Exercise 10:00AM-11:00 AM</p>	<p>Baby &amp; Me 9:00AM-11:00 AM</p>	<p>Senior H2O Exercise 10:00-11:00 AM</p>	<p>Lap Swim 8:00AM-10:00 AM</p>	
	<p>Lap Swim 12:00PM-1:00 PM</p>	<p>Lap Swim 12:00PM-1:00 PM</p>	<p>Lap Swim 12:00PM-1:00 PM</p>	<p>Lap Swim 12:00PM-1:00 PM</p>	<p>Lap Swim 12:00PM-1:00 PM</p>	<p>Lap Swim 12:00PM-1:00 PM</p>	<p>Open Swim 10:00AM-12:00 PM</p>
	<p>Camp Swim *Registered Campers only* 1:00PM-3:00 PM</p>	<p>Camp Swim *Registered Campers only* 1:00PM-3:00 PM</p>	<p>Camp Swim *Registered Campers only* 1:00PM-3:00 PM</p>	<p>Camp Swim *Registered Campers only* 1:00PM-3:00 PM</p>	<p>Camp Swim *Registered Campers only* 1:00PM-4:00 PM</p>		
	<p>Open Swim 3:00PM-5:00 PM</p>	<p>Open Swim 3:00PM-5:00 PM</p>	<p>Open Swim 3:00PM-5:00 PM</p>	<p>Open Swim 3:00PM-5:00 PM</p>	<p>Swim Lessons (\$)  5:00 PM-6:00 PM</p>		
		<p>Swim Lessons (\$)  5:00 PM-6:00 PM</p>		<p>Water Zumba (\$)  18yrs &amp; up 5:15PM-6:15PM</p>	<p>H2O Exercise (\$)  6:00PM-7:00 PM</p>		
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