

2801 Tucker Road, Nashville, TN 37218 - 615-862-8479

Fitness Classes Senior Program Family Programs (\$) – Paid Class	Monday Hours: 6:00 AM-8:30 PM	Tuesday Hours: 6:00 AM-8:30 PM	Wednesday Hours: 6:00 AM-8:30 PM	Thursday Hours: 6:00 AM-8:30 PM	Friday Hours: 6:00 AM-7:30 PM	Saturday Hours: 8:00 AM-4:00 PM
Fall/Winter 2026 Program Schedule Facility Coordinator Adrean Gregory Program Coordinator Jazmin Barney Recreation Leader Sr. Lamont Crawley Jr. Recreation Leaders & Lifeguards (*) A. Martin I. Hayes J. Gooch A. Starling S. Lee J. Hunter Class Instructors Alexandra Guerra 	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i> <i>Kickin’ It Seniors Men Only 7:00-9:00 AM</i>	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i> <i>Kickin’ It Seniors Men Only 7:00-9:00 AM</i>	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i> <i>Kickin’ It Seniors Men Only 7:00-9:00 AM</i>	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i> <i>Kickin’ It Seniors Men Only 7:00-9:00 AM</i>	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i> <i>Kickin’ It Seniors Men Only 7:00-9:00 AM</i>	<i>Indoor Track & Weight Room 8:00 AM-3:45 PM</i>
	Senior Body Pump 8:00-9:00 AM	<i>Knitting/Quitting & Sewing 8:00-1:00 PM</i>	Senior Body Pump 8:00-9:00 AM	<i>Pickleball 9:30-12:30 PM</i>	Senior Body Pump 8:00-9:00 AM	<i>Pickleball 12:30-3:45 PM</i>
	Dance Into Shape 10-11:00 AM (Gym)	<i>Pickleball 9:30-12:30 PM</i>	Dance Into Shape 10-11:00 AM (Gym)	<i>Spades 11-1:00 PM</i>	Dance Into Shape 10-11:00 AM (Gym)	<i>**Monday-Friday** 3:00 PM-6:00 PM After-School Program (Ages 6-14) Gymnasium Closed to Adults</i>
	<i>Adult Skate 12:00-3:00 PM 18+ Only</i>	<i>Spades 11-1:00 PM</i>	<i>Bridge 11-2:00 PM</i>	<i>Adult Open Gym 12:30-3:00 PM 18+ Only</i>	<i>Senior Band 11:00-1:00 PM</i>	
	After-School Program 3:00-6:00 PM *Pre-Registration Only*	<i>Adult Open Gym 12:30-3:00 PM 18+ Only</i>	After-School Program 3:00-6:00 PM *Pre-Registration Only*	After-School Program 3:00-6:00 PM *Pre-Registration Only*	After-School Program 3:00-6:00 PM *Pre-Registration Only*	
	Zumba (\$) w/ Alexandra 6:00-7:00 PM	After-School Program 3:00-6:00 PM *Pre-Registration Only*	After-School Program 3:00-6:00 PM *Pre-Registration Only*	After-School Program 3:00-6:00 PM *Pre-Registration Only*	After-School Program 3:00-6:00 PM *Pre-Registration Only*	
<i>Line Dance 6:00-8:00 PM</i>	<i>Chicago Step 6:00-8:00 PM</i> <i>Adult Volleyball 6:00-8:00 PM</i>  @ “Hartman Park Regional Community Center”	<i>Line Dance 6:00-8:00 PM</i> <i>*Schedule is subject to change*</i>	<i>Women’s Open Gym 6:00-8:00 PM</i>  @ “HartmanParkCenter”	<i>Family Skate 3:00-5:00 PM</i> <i>High School Gym 5:00-7:15 PM</i>	Membership Fees: Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50 10 Pass (Fitness Center) Adult \$20.00 Youth & Senior \$10.00 30-Day Pass (Fitness Center) Adult \$30.00 Youth & Senior \$20.00 Teens 13-17 Senior 62 and up 10 Pass Fit Card (Classes) \$40.00	

Activity Descriptions:

Kickin’ It Seniors: Welcomes men over the age of 50 to engage in discussions that may include stories of hardship, perseverance, tales of love and loss, and reflections on how the world has changed.

Senior Body Pump: This is a low-impact, fun fitness activity designed for older adults. It involves gentle, rhythmic movements, often set to music where participants will engage in a full-body workout. (Small hand weights are suggested.

Dance Into Shape: This is a lively and social activity where older adults come together to learn and dance to choreographed dance routines.

Family Open Gym: This is a time for families to come together and play basketball in the gym. Anyone 14 and under must be accompanied by an adult.

Line Dance: This is a structured and energetic group activity where participants learn different choreographed dances. This environment offers an upbeat and inclusive, fostering a sense of community as dancers move together.

Adult Skate: This is a vibrant mix of energy and skill, where grown-ups come together to enjoy the freedom and thrill of skating.

Adult Volleyball: Welcomes all skill levels and focuses on enjoying the game rather than intense competition.

Adult Open Gym: Patrons 18 and over can utilize the gym and play basketball.

Women Open Gym: This is an open gym designed for women ONLY to enjoy the game of basketball. Patron must be 18+

Pickle Ball: Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Pickleball is a racquet sport/paddle sport that is played with a paddle and a whiffle ball.

After School/Summer Youth Program: Children ages 6-14 who are registered in the FREE drop-in program will participate in activities that focus on active recreation while supporting healthy social and academic development. Space is limited and registration is required.

Zumba: This is a high-energy fitness program that combines dance and aerobic exercises with infectious Latin and international music.

Metro Parks Collective Soul Band: This group is made up of Metro employees and volunteers who deliver powerful, emotive performances, blending rhythm and blues with rich vocals and dynamic instrumentals

No Stress Just Stretch: A low-impact wellness session focused on improving flexibility, releasing deep muscle tension, and increasing joint mobility. This class typically combine static holds, dynamic movement, and breathwork to enhance recovery and range of motion.

Spades: A popular trick-taking card game played with a standard 52-card deck (Open to new ways to play)

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The pool is free of charge, except where a (\$) designates a fee. <u>Aquatics Coordinator</u> Contee Harris 	Lap Swim 9:30 – 10:25 AM Senior Water Aerobics 10:30 – 11:30 AM Open Swim 1:00 – 2:30 PM School L.T.S. (\$) 3:00 – 5:00 PM Parks Swim Practice 5:00 – 6:30 PM Lap & Water Walk 6:30 – 7:10 PM	Lap Swim Water Walk 9:30 – 10:30 AM Open Swim 10:30 – 11:30 AM Open Swim 1:00 – 2:30 PM School L.T.S. (\$) 3:00 – 5:00 PM Parks Swim Practice 5:15 – 6:30 PM Lap & Water Walk 6:30 – 7:10 PM	Lap Swim 9:30 – 10:25 AM Senior Water Aerobics 10:30 – 11:30 AM Open Swim 1:00 – 2:30 PM School L.T.S. (\$) 3:00 – 5:00 PM Parks Swim Practice 5:15 – 6:30 PM Lap & Water Walk 6:30 – 7:10 PM	Lap Swim 9:30 – 10:30 AM Open Swim 10:30 – 11:30 AM Open Swim 1:00 – 2:30 PM Lap Swim Water Walk 3:30 – 4:15 PM Parks Swim Practice 5:00 – 6:30 PM	CLOSED	Learn to Swim (\$) 8:00 AM Open Swim 11:45 – 12:45 PM *Swim Lessons Save Lives** *Group swim lessons are \$60.00 for 8 lessons For more information contact (615) 862-8479

Hartman Park Regional Community Center

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The following activities are offered as a part of the aquatics program at Hartman 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.

