

East Park Regional Community Center 2026

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

Fitness Classes Aquatics Senior Program Family Programs (\$) – \$4 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
Facilities Manager Demarcus Doss Program Coordinator Trish Watts Aquatics Coordinator Kristen Whittington Seniors Coordinator Jessica Anderson Sr. Recreation Leader Amanda Browder Recreation Leaders Marquez Foxx Griffin Magness Natalie Thomas Fred Johnson Ausha Cartwright Jai Lin Salas Lifeguard JeMazz Thomas Class Instructors Mike W. Lex Herdon Troy Logan Elizabeth Harrington 	Indoor Track & Fitness Center 6:00am-8:15pm Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym) Adult Basketball Open Gym 7:15AM-2:00 PM After-School Program *Only Registered Students* 3:00PM-6:00 PM Senior H20 10:00-11:00 AM Senior Chair Exercise (12 Person Limit) 9:30-10:30 AM Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio) Adult Basketball Open Gym 6:00PM-8:00 PM	Indoor Track & Fitness Center 6:00am-8:15pm Adult Basketball Open Gym 6:15AM-11:15AM Pickleball (Gym) 11:30AM-1:30PM After-School Program *Only Registered Students* 3:00PM-6:00 PM Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM Water Exercise (\$) 6:00-7:00 PM Chicago Style Stepping w/Troy 6:00-7:30 PM (Theater) Volleyball (Gym) 6:00PM-8:00PM Yoga w/Elizabeth (\$) 6:45-7:45 PM (Dance Studio)	Indoor Track & Fitness Center 6:00am-8:15pm Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym) Adult Basketball Open Gym 7:15AM-2:00 PM Tot Time (Theater) 10:00AM-11:00AM Senior H20 10:00-11:00 AM After-School Program *Only Registered Students* 3:00PM-6:00 PM Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM Water Zumba w/Lex (\$) 18yrs & up 5:15 PM - 6:15 PM Zumba w/Lex (\$) 6:30-7:30 PM (Dance Studio)	Indoor Track & Fitness Center 6:00am-8:15pm Adult Basketball Open Gym 6:15AM-2:00 PM After-School Program *Only Registered Students* 3:00PM-6:00 PM Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM Water Exercise (\$) 6:00-7:00 PM Youth Basketball Skills 4:45PM-5:45PM  @ “East Park Community Center”  @ “East Park Center”	Indoor Track & Fitness Center 6:00am-7:15pm Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym) Adult Basketball Open Gym 7:15AM-2:00 PM Senior H20 10:00-11:00 AM After-School Program *Only Registered Students* 3:00PM-6:00 PM Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM After-School Program (Ages 6-14) **Monday-Friday** 3:00 PM - 6:00 PM The facility is closed to adults during those times, but Fitness Center and track will be open	Indoor Track & Fitness Center 8:00am-3:45pm Adult Basketball Open Gym 8:15AM-12:15 PM Women & Family Basketball Open Gym 12:30PM-3:30PM 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

East Park Regional Park Community Center

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
The pool is free of charge, except where a (\$) designates a fee. Pool capacity of 25 swimmers per lifeguard on deck.  ESTABLISHED 1901 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.	Senior H2O Exercise 10:00 AM - 11:00 AM	Baby and Me 8:30 AM - 11:00 AM	Senior H2O Exercise 10:00 AM - 11:00 AM	Baby and Me 8:30 AM - 11:00 AM	Senior H2O Exercise 10:00 AM - 11:00 AM	CLOSED
	Lap Swim 12:00 PM – 3:00 PM	Lap Swim 12:00 PM – 3:00 PM	Lap Swim 12:00 PM – 3:00 PM	Lap Swim 12:00 PM – 3:00 PM	V.I.P Swim *For individuals with special needs* 11:00 AM - 1:00 PM	
	Open Swim 3:00 PM - 5:00 PM	Open Swim 3:00 PM - 5:00 PM	After-School Swim *Registered students only* 3:00 PM - 4:45 PM	Open Swim 3:00 PM - 5:00 PM		
		Swim Lessons (\$) 5:00 PM - 6:00 PM	Water Zumba (\$) 18yrs & up 5:15 PM - 6:15 PM	Swim Lessons (\$) 5:00 PM - 6:00 PM		
		H2O Exercise (\$) 6:00 PM - 7:00 PM		H2O Exercise (\$) 6:00 PM - 7:00 PM		