




# East Park Regional Community Center 2024

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

<b>Fitness Classes</b> Aquatics Senior Program Family Programs (\$) – Paid Class	<b>Monday Hours:</b> 6:00 AM-8:30 PM	<b>Tuesday Hours:</b> 6:00 AM-8:30 PM	<b>Wednesday Hours:</b> 6:00 AM-8:30 PM	<b>Thursday Hours:</b> 6:00 AM-8:30 PM	<b>Friday Hours:</b> 6:00 AM-7:30 PM	<b>Saturday Hours:</b> 8:00 AM-12:00 PM
<b>Facilities Manager</b> Demarcus Doss	Indoor Track & Fitness Center 6:00am-8:15pm	Indoor Track & Fitness Center 6:00am-8:15pm	Indoor Track & Fitness Center 6:00am-8:15pm	Indoor Track & Fitness Center 6:00am-8:15pm	Indoor Track & Fitness Center 6:00am-7:15pm	Indoor Track & Fitness Center 8:00am-3:45pm
<b>Program Coordinator</b> Trish Watts	Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)	Adult Open Gym (Basketball) 6:00AM-2:00 PM	Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)	Adult Open Gym (Basketball) 6:00-2:00 PM	Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)	Adult Basketball (18+) 8:30-3:30 PM
<b>Aquatics Coordinator</b> Alisa Southall	Adult Open Gym (Basketball) 7:30AM-2:00 PM	After-School Program 3:00-6:00 PM *Registered Students Only*	Adult Open Gym (Basketball) 7:30AM-2:00 PM	Yoga w/Elizabeth (\$) 7:00-8:00 AM (Dance Studio)	Adult Open Gym (Basketball) 7:30AM-2:00 PM	Zumba w/Lex (\$) 9:00-10:00 AM (Dance Studio)
<b>Seniors' Coordinator</b> Sarah Ward	Senior H20 9:00-10:00 AM	Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)	Senior H20 9:00-10:00 AM	After-School Program 3:00-6:00 PM *Registered Students Only*	Senior H20 9:00-10:00 AM	After-School Program (Ages 6-14) **Monday-Friday** 3:00 PM - 6:00 PM
<b>Recreation Leaders</b> Amanda Browder Marquez Foxx Zariah Cameron Fred Johnson M'Lei Woodard Airris Williams	Tai Chi 9:00-10:00AM	Water Exercise (\$) 6:00-7:00 PM	Tot Time 10:30AM-11:30AM	Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)	After-School Program 3:00-6:00 PM *Registered Students Only*	The facility is closed to adults only during those times Fitness Center will be open.
<b>Lifeguard</b> Kristen Whittington	Senior Chair Exercise 10:00-10:30 AM	Chicago Style Stepping w/Troy 6:00-7:30 PM (Theater)	After-School Program 3:00-6:00 PM *Registered Students Only*	Water Exercise (\$) 6:00-7:00 PM	Senior Bingo 10:00-10:45 AM	Membership Fees: Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50
<b>Class Instructors</b> Mike W. Lex Herdon Troy Logan Elizabeth Harrington	After-School Program 3:00-6:00 PM *Registered Students Only*	Volleyball Open Gym 6:00-8:00PM	Pickleball 6:00-8:00 PM	Line Dancing 6:00-7:30 PM (Theater)	Family Skate Night 5:30PM-7:00PM	10 Pass (Fitness Center) Adult \$20.00 Youth & Senior \$10.00
	Adult Open Gym (Basketball) 6:00PM-8:00 PM	Yoga w/Elizabeth (\$) 6:45-7:45 PM (Dance Studio)	 @ "East Park Center"	Basketball Fundamentals Ages 8-14 6:15PM-7:45PM	 @ "East Park Community Center"	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



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Facilities Manager: Demarcus Doss

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.

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>	Senior H2O Exercise 9:00 AM-10:00 AM	Adult Lap Swim/ Water Walking 10:00AM-1:00 PM	Senior H2O Exercise 9:00AM-10:00 AM	Adult Lap Swim/ Water Walking 10:00AM-1:00 PM	Adult Lap Swim/ Water Walking 6:00AM-8:30 AM	Adult Lap Swim 8:00AM-1:30 PM
	Adult Lap Swim/ Water Walking 11:00 AM-1:00 PM	Open Swim 2:00PM-5:00 PM	Adult Lap Swim/ Water Walking 11:00AM-1:00 PM	Open Swim 2:00PM-5:00 PM	Senior H2O Exercise 9:00-10:00 AM	Open Swim 9:30AM-11:45 AM
	Open Swim 2:00PM-4:00 PM	Water Exercise (\$) 6:00PM-7:00 PM	Open Swim 2:00PM-4:00 PM	Water Exercise (\$) 6:00-7:00 PM	Adult Exercise/ Lap Swim 11:00AM-1:00 PM	
	Adult Lap Swim/ Water Walking 4:30PM-6:00 PM		Adult Exercise/ Lap Swim 4:30PM-6:00 PM			



ESTABLISHED 1901



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.

**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.