




# Hartman Park Regional Community Center

<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-4:00 PM (Starting Jan 20)
<p><b>Winter 2024 Program Schedule</b></p> <p><b>Facility Coordinator</b> Adrean Gregory</p> <p><b>Program Coordinator</b> Jazmin Barney</p> <p><b>Aquatics Coordinator</b> Contee Harris</p> <p><b>Recreation Leader Senior</b> Lamont Crawley Jr.</p> <p><b>Recreation Leaders &amp; Lifeguards (*)</b> Anaya Martin Isaiah Hayes Jason Gooch Jamaal Haddox Sylvester Lee Kaleb Dudley* Charles Good* Macarey Hardin*</p> <p><b>Class Instructors</b> Alexandra Guerra Opanike Shelton</p> 	<p><i>Indoor Track &amp; Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors (Men Only)</i> 7:00 AM – 9:00 AM</p> <p><b>Senior Body Pump</b> 8:00-9:00 AM</p> <p><b>Dance Into Shape</b> 10:00-11:00 AM (Gym)</p> <p><i>Adult Skate</i> 12:00-3:00 PM 18+ Only</p> <p><b>After-School Program</b> 3:00-6:00 PM *Pre-Registration Only*</p> <p><b>Zumba (\$)</b> w/ Alexandra 6:00-7:00 PM (Dance Studio)</p> <p><b>CLOSED GYM</b> (Due to Metro Basketball Practice)</p>	<p><i>Indoor Track &amp; Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors (Men Only)</i> 7:00 AM – 9:00 AM</p> <p><i>Adult Open Gym</i> 6:00-8:50 AM</p> <p><i>Pickleball</i> 9:30-12:30 PM</p> <p><i>Adult Open Gym</i> 12:30-3:00 PM</p> <p><b>After-School Program</b> 3:00-6:00 PM *Pre-Registration Only*</p> <p><b>CLOSED GYM</b> (Due to Metro Basketball Practice)</p> <p> @ "Hartman Park Regional Community Center"</p>	<p><i>Indoor Track &amp; Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors (Men Only)</i> 7:00 AM – 9:00 AM</p> <p><b>Senior Body Pump</b> 8:00-9:00 AM</p> <p><b>Dance Into Shape</b> 10:00-11:00 AM (Gym)</p> <p><i>Adult Open Gym</i> 12:00-3:00 PM</p> <p><b>After-School Program</b> 3:00-6:00 PM *Pre-Registration Only*</p> <p><i>Line Dance W/ Bryce</i> 6:00-7:30 PM</p> <p><b>CLOSED GYM</b> (Due to Metro Basketball Practice)</p> <p><b>*Schedule is subject to change*</b></p>	<p><i>Indoor Track &amp; Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors (Men Only)</i> 7:00 AM – 9:00 AM</p> <p><i>Adult Open Gym</i> 6:00-8:50 AM</p> <p><i>Pickleball</i> 9:30-12:30 PM</p> <p><i>Adult Open Gym</i> 12:30-3:00 PM</p> <p><b>After-School Program</b> 3:00-6:00 PM *Pre-Registration Only*</p> <p><i>Dance &amp; Ton W/ Opanike (\$)</i> 6:00-7:00 PM</p> <p><b>CLOSED GYM</b> (Due to Metro Basketball Practice)</p> <p> @ "HartmanParkCenter"</p>	<p><i>Indoor Track &amp; Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors (Men Only)</i> 7:00 AM – 9:00 AM</p> <p><b>Senior Body Pump</b> 8:00-9:00 AM</p> <p><b>Dance Into Shape</b> 10:00-11:00 AM (Gym)</p> <p><i>Senior Band</i> 11:00-1:00 PM</p> <p><i>Adult Open Gym</i> 12:00-3:00 PM</p> <p><b>After-School Program</b> 3:00-6:00 PM *Pre-Registration Only*</p> <p><b>Family Skate</b> 5:00-7:00 PM</p>	<p><i>Indoor Track &amp; Weight Room</i> 8:00 AM -3:45 PM</p> <p><b>Adult Open Gym</b> 8:00-10:45 AM (18+ ONLY)</p> <p><b>Youth/Family Open Gym</b> 11:00-1:00 PM (17 &amp; Under) (2<sup>nd</sup> &amp; 4<sup>th</sup> Sat.)</p> <p><b>Family Skate</b> 11:00 – 12:45 PM (1<sup>st</sup> &amp; 3<sup>rd</sup> Sat.)</p> <p><b>Pickleball</b> 1:00-3:45 PM</p> <p><b>**Monday-Friday**</b> 3:00 PM-6:00 PM After-School Program (Ages 6-14) <b>Gymnasium Closed to Adults</b></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>

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