

East Park Regional Community Center

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

Fitness Classes Aquatics Family Programs (\$) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Fall 2016 Program Schedule Facility Coordinator Darlene Morrow Program Coordinator Randall Miller Senior Program Coordinator Jeffrey Smith Recreation Leaders & Lifeguards (*) Theophilus Boone* Tiffanie Fletcher Michael Frazier Michael Martin Larry Shelton Jere Shoemake* Diamond Townsend Jas Swain Class Instructors East Park Staff Misty Adfield Amanda Dixon Barbara Burgess Lex Herdon Nick Majors Shameka Freeman Allie Lamb Troy Logan Pam Scott	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	6:00am-2:30pm Adult Open Gym (Basketball)	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	9:00am-11:00am Senior Open Gym (Various Activities)l	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	9:00am-10:00am Zumba(\$) w/Lex (Dance Studio)
	9:30am-10:30am Lo Water Exercise w/Theo	10:00am-11:00am Senior Exercise w/Jere *Starting 8/9/15	9:30am-10:30am Lo Water Exercise w/Theo	10:00am-11:00am Senior Exercise w/Jere	9:00am-12:00pm Adult Open Gym (Badminton) *Starting 8/12/16*	9:00am-12:00pm African Dance (Kids and Adults) (Theater)
	12:00pm-1:00pm Body Sculpt(\$) w/Shameka (Dance Studio)	12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)	12:00pm-1:00pm Body Sculpt(\$) w/Shameka (Dance Studio)	12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)	9:30am-10:30am Lo Water Exercise w/Jere	9:00am-10:00am Saturday Splash Water Exercise w/Sabrina *Starting 8/13/15*
	6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	6:00pm to 7:15pm Teen Open Gym (Ages 15-17)	
	6:00pm-7:00pm Vinyasa Flow Yoga(\$) w/Nick (Ceramics Room)	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)	6:00pm to 7:15pm Family Open Gym (Ages 15-17)	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)	6:30pm-7:30pm Max Scruggs Women's Self Defense Class (Theater)	**Monday-Friday** 2:30pm-6:00pm Afterschool Program(Ages 6-14)
	6:30pm-7:30pm POUND(\$) w/Allie (Dance Studio)	*New Class* 6:00-7:00pm Basic Boot Camp w/Mike	6:30pm-7:30pm Line Dancing w/Pam (Theater)	*New Class* 6:00-7:00pm Basic Boot Camp w/Mike	6:30pm-7:30pm Max Scruggs Women's Self Defense Class (Theater)	**Monday-Friday** 2:30pm-6:00pm Afterschool Program(Ages 6-14)
	7:00pm-8:15pm Ladies Night Open Gym (Basketball)	6:30pm-8:15pm Adult Open Gym (Badminton)		6:30pm-8:15pm Adult Open Gym (Basketball)	6:30pm-7:30pm Max Scruggs Women's Self Defense Class (Theater)	**Monday-Friday** 2:30pm-6:00pm Afterschool Program(Ages 6-14)
		6:00pm-7:00pm Water Exercise(\$) w/Jere		6:00pm-7:00pm Water Exercise(\$) w/Jere	 @ "East Park Community Center"	Gymnasium Closed to Adults 

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Facility Coordinator: Darlene Morrow Program Coordinator: Randall Miller Aquatics Leader: Jere Shoemake

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.</p> <p>Senior Lo H²O Class is limited to the first 25 swimmers signed in for the class.</p> 	6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim	
	9:30am-10:30am Senior H ² O Exercise w/Theo	10:00am-11:00am Senior Swim w/Jere	9:30am-10:30am Senior H ² O Exercise w/Theo	10:00am-11:00am Senior Swim w/Jere	9:30am-10:30am Senior H ² O Exercise w/Jere	9:00am-10:00am Saturday Splash w/Sabrina
	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	<p>Information on October Swim Lessons Coming Soon!!</p>
	2:00pm-4:00pm Open Swim <i>*All Open Swim times are Starting 8/9/16*</i>	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim	
	5:00pm-7:00pm Lap Swim	5:00pm-6:00pm Afterschool Program <i>*Registration Required</i>	5:00pm-6:00pm Afterschool Program <i>*Registration Required</i>	5:00pm-6:00pm Afterschool Program <i>*Registration Required</i>		
		6:00pm-7:00pm Water Workout(\$) w/Jere	5:00pm-7:00pm Lap Swim	6:00pm-7:00pm Water Workout(\$) w/Jere		

For accessibility inquiries, call 862-8400

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Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.