

Hartman Park Regional Center

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

Fitness Classes Aquatics Gymnasium (S) – 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
<p>Fall 2016 Program Schedule 615-862-8479</p> <p>Facility Coordinator Adrean Gregory</p> <p>Program Coordinator Richard Hassell</p> <p>Aquatics Coordinator Contee Harris</p> <p>Recreation Leaders & Lifeguards (*) Kenneth Beard Shayla Humphreys Wesley Jackson Charles Moorman William Mumphy D'Aundrial Sanders Felissa Reese</p> <p>Class Instructors Kyya Lewis Angela Ridley Hartman Staff</p>	<p>6:00am -7:00am Hartman Walkers (Track Walkers)</p> <p>6:00-8:00am Adult Open Gym (Basketball)</p> <p>8:15am-9:15am Senior Body Pump</p> <p>10:00am-11:00am Dance into Shape</p> <p>10:00am-11:15am Water Walking/ Lap Swim</p> <p>11:15am-12:00pm Home School</p> <p>12:00pm-12:45pm Open Swim</p> <p>1:00pm-2:00pm Pool Closed</p> <p>3:00pm-6:00pm Elementary After-School Program</p> <p>4:00pm-6:30pm NAZA Haynes/Joelton</p> <p>2:00pm-3:15pm Open Swim</p> <p>4:00pm-6:00pm Metro Swim Team/ NAZA</p> <p>6:20pm-6:50pm Lap Swim</p> <p>5:30pm – 6:30pm Line Dancing</p> <p>6:30pm-8:00pm Coed Volleyball (18- up)</p>	<p>6:00am -7:00am Hartman Walkers (Track Walkers)</p> <p>6:00-8:00am Adult Open Gym (Basketball)</p> <p>9:30am-10:15am Water Exercise Class</p> <p>10:30am-11:30am Lap Swim/ Water Walking</p> <p>11:30am-12:30pm Open Swim</p> <p>8:30am-9:30am (S) Zumba Gold</p> <p>9:30am-10:30am Senior Volleyball</p> <p>10:00am-2:00pm Senior Table Games</p> <p>10:00pm-12:00pm Hartman Band</p> <p>11:00am-1:00pm Beginners Chess</p> <p>1:00pm-2:00pm Pool Closed</p> <p>2:00pm-3:00pm Open Swim</p> <p>3:00pm-6:00pm Elementary After-School Program</p> <p>4:30pm-5:30pm (S) Lower Body Explosion</p> <p>4:00pm-6:30pm NAZA Haynes/Joelton</p> <p>5:00pm-6:00pm 4 H Club (4th -8th graders)</p> <p>3:00pm-5:00pm St. Pius X/ Metro Swim Team</p> <p>5:00pm-7:00pm Learn To Swim</p> <p>6:20pm-7:00pm Adult Lap Swim</p> <p>7:00pm-8:00pm (S) KYYA Fit Zumba</p>	<p>6:00am -7:00am Hartman Walkers (Track Walkers)</p> <p>6:00-8:00am Adult Open Gym (Basketball)</p> <p>8:15am-9:15am Senior Body Pump</p> <p>10:00-11:00am Dance into Shape</p> <p>10:00am-2:00pm Senior Table Games</p> <p>10:00am-11:15am Water Walking/ Lap Swim</p> <p>11:15am-12:00pm Home School</p> <p>12:00pm-12:45pm Open Swim</p> <p>1:00pm-2:00pm Pool Closed</p> <p>3:00pm-6:00pm Elementary After-School Program</p> <p>4:00pm-6:30pm NAZA Haynes/Joelton</p> <p>5:00-6:00pm Cub Scouts</p> <p>2:00pm-3:15pm Open Swim</p> <p>4:00pm-6:00pm Metro Swim Team/ NAZA</p> <p>5:30pm – 6:30pm Line Dancing</p> <p>6:00pm-7:30pm Chicago Stepping- Smooth Edge Community Steppers</p> <p>6:30pm-8:00pm Coed Volleyball (18-up)</p>	<p>6:00am -7:00am Hartman Walkers (Track Walkers)</p> <p>6:00-8:00am Adult Open Gym (Basketball)</p> <p>6:30-8:30am Lap Swim & Water Walking (Senior)</p> <p>9:15am-10:30am Water Exercise Class</p> <p>10:45am-11:45am Open Swim</p> <p>8:30am-9:30am (S) Zumba Gold</p> <p>10:00am-2:00pm Senior Table Games</p> <p>2:00pm-3:00pm Open Swim</p> <p>10:00pm-12:00pm Hartman Band</p> <p>3:00pm-6:00pm Elementary After-School Program</p> <p>4:30pm-5:30pm (S) Lower Body Explosion</p> <p>4:00pm-6:30pm NAZA Haynes/Joelton</p> <p>3:00pm-5:00pm St. Pius X/ Metro Swim Team</p> <p>5:00pm-7:00pm Learn To Swim</p> <p>6:20pm-7:00pm Adult Lap Swim</p> <p>7:00pm-8:00pm (S) KYYA Fit Zumba</p>	<p>6:00am -7:00am Hartman Walkers (Track Walkers)</p> <p>6:00-8:00am Adult Open Gym (Basketball)</p> <p>8:15am-9:15am Senior Body Pump</p> <p>10:00am-11:00am Dance into Shape</p> <p>11:00pm-2:00pm Hartman Band</p> <p>3:00pm-6:00pm Elementary After-School Program</p> <p>6:00pm-7:15pm Family Open Gym</p>	<p>8:00am-12:00pm Adult Basketball</p> <p>8:00-9:30am LTS/Metro Swim Team</p> <p>9:30am-10:15am Learn To Swim</p> <p>10:15am-11:00am Lap Swim</p> <p>Open Swim 11:00am-11:45am</p> <p>Membership Fees: Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50 10 Visit Pass(Fitness Center) Adult \$20.00 Youth & Senior \$10.00 30 Day Pass(Fitness Center) Adult \$30.00 Youth & Senior \$20.00 10 Pass Fit Card (Classes) \$30.00</p>
<p>*Schedule is subject to change.</p>	<div style="text-align: center;">  <p>Visit us on Facebook</p> <p>@ "Hartman Park Regional Center"</p> </div>					<div style="text-align: center;">  <p>Revised 8-14-16</p> </div>