




East Park Regional Community Center 2024-2025

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

Fitness Classes Aquatics Senior Program Family Programs (\$) – 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
<p>Facilities Manager Demarcus Doss</p> <p>Program Coordinator Trish Watts</p> <p>Aquatics Coordinator Alisa Southall</p> <p>Seniors' Coordinator Sarah Ward</p> <p>Recreation Leaders Amanda Browder Marquez Foxx Laurel Vaughn Fred Johnson Aarris Williams Natalie Thomas</p> <p>Lifeguard Kristen Whittington</p> <p>Class Instructors Mike W. Lex Herdon Troy Logan Elizabeth Harrington</p>   <p>@ "East Park Center"</p>	<p><u>Indoor Track & Fitness Center</u> 6:00am-8:15pm</p> <p>Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)</p> <p>Adult Open Gym (Basketball) 7:15AM-1:45 PM</p> <p>After-School Program *Only Available for Registered Students* 2:30PM-6:00 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Senior Chair Exercise 10:00-10:30 AM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM</p> <p>Adult Open Gym (Basketball) 6:00PM-8:00 PM</p>	<p><u>Indoor Track & Fitness Center</u> 6:00am-8:15pm</p> <p>Adult Open Gym (Basketball) 7:15AM-11:15 AM</p> <p>Pickleball 11:00AM-2:00PM</p> <p>After-School Program *Only Available for Registered Students* 2:30PM-6:00 PM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM</p> <p>Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)</p> <p>Water Exercise (\$) 6:00-7:00 PM</p> <p>Chicago Style Stepping w/Troy 6:00-7:30 PM (Theater)</p> <p>Volleyball Open Gym 6:00-8:00PM</p> <p>Yoga w/Elizabeth (\$) 6:45-7:45 PM (Dance Studio)</p>	<p><u>Indoor Track & Fitness Center</u> 6:00am-8:15pm</p> <p>Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)</p> <p>Adult Open Gym (Basketball) 7:15AM-1:45 PM</p> <p>Tot Time 10:30AM-11:30AM</p> <p>After-School Program *Only Available for Registered Students* 2:30PM-6:00 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-5:00PM</p> <p>Youth Basketball Practice 5:00PM-7:00PM</p> <p>Pickleball 7:00-8:00PM</p>	<p><u>Indoor Track & Fitness Center</u> 6:00am-8:15pm</p> <p>Adult Open Gym (Basketball) 7:15AM-1:45 PM</p> <p>After-School Program *Only Available for Registered Students* 2:30PM-6:00 PM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-6:00PM</p> <p>Zumba w/Lex (\$) 5:30-6:30 PM (Dance Studio)</p> <p>Water Exercise (\$) 6:00-7:00 PM</p> <p>Work Out Thursdays (Every 2nd and 4th Thursday) 5:00PM-6:00PM</p> <p>Youth Basketball Practice 6:00-7:00pm</p>	<p><u>Indoor Track & Fitness Center</u> 6:00am-7:15pm</p> <p>Boot Camp w/Mike (\$) 6:00-7:00 AM (Gym)</p> <p>Adult Open Gym (Basketball) 7:15AM-1:45 PM</p> <p>Senior H20 9:00-10:00 AM</p> <p>Senior Bingo 10:00-10:45 AM</p> <p>After-School Program *Only Available for Registered Students* 2:30PM-6:00PM</p> <p>Youth Open Gym Ages 10-17 Only 2:30PM-5:30PM</p> <p>Family Skate Night 5:00-6:30PM</p>  <p>@ "East Park Community Center"</p>	<p><u>Indoor Track & Fitness Center</u> 8:00am-3:45pm</p> <p>Basketball Open Gym 8:15AM-12:30 PM</p> <p>Women's Basketball Open Gym 12:30PM-3:30PM</p> <p>Zumba w/Lex (\$) 9:00-10:00 AM (Dance Studio)</p> <p>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.</p> <p>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</p>

East Park Regional Community Center

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

Facilities Manager: Demarcus Doss Aquatics Coordinator: Alisa Southall

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
<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>	Adult Lap Swim 8:00AM-9:40 AM	Adult Lap Swim 8:00AM-11:00 AM	Adult Lap Swim 8:00AM-9:40 AM	Adult Lap Swim 8:00AM-11:00 AM	Senior H2O Exercise 10:00-11:00 AM	Adult Lap Swim 8:00AM-10:00 AM
	Senior H2O Exercise 10:00AM-11:00 AM	Adult Lap Swim 12:00PM-3:00 PM	Senior H2O Exercise 10:00AM-11:00 AM	Adult Lap Swim 12:00PM-3:00 PM	Adult Lap Swim 11:00AM-2:00 PM	Open Swim 10:00AM-12:00 PM
	Adult Lap Swim 12:00PM-3:00 PM	Open Swim 3:00PM-5:00 PM	Adult Lap Swim 12:00PM-3:00 PM	Open Swim 3:00PM-5:00 PM		
	Open Swim 3:00PM-5:00 PM	Swim Lessons (\$) 5:00 PM-6:00 PM	Open Swim 3:00PM-5:00 PM	Swim Lessons (\$) 5:00 PM-6:00 PM		
		Water Exercise (\$) 6:00PM-7:00 PM		Water Exercise (\$) 6:00-7:00 PM		



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.