



Troy Parks and Recreation



<u>Hours of Operation</u>	<u>Facility</u>	<u>Fitness Center</u>	<u>Indoor Pool</u>	<u>Outdoor Pool (Summer Hours)</u>
Monday & Wednesday	5 a.m. - 8:30 p.m.	5 a.m. - 8:30 p.m.	6 a.m. - 8 p.m.	6 a.m. - 5 p.m.
Tuesday & Thursday	5 a.m. - 8:30 p.m.	5 a.m. - 8:30 p.m.	8 a.m. - 8 p.m.	8 a.m. - 5 p.m.
Friday	5 a.m. - 7:30 p.m.	5 a.m. - 7:30 p.m.	6 a.m. - 7 p.m.	6 a.m. - 5 p.m.
Saturday	8 a.m. - 6:30 p.m.	8 a.m. - 6:30 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.
Sunday	2 p.m. - 5:30 p.m.	2 p.m. - 5:30 p.m.	2 p.m. - 5 p.m.	2 p.m. - 5 p.m.

Ages 13-Under not allowed to use Fitness Facility Equipment under any circumstances. 14-15 must be accompanied by an Adult.

Child Watch Hours

Monday-Friday 8 a.m. - 11 a.m. AND 4 p.m - 7 p.m.

Membership Fees:

Individual	\$30 monthly	\$325 annual
Family	\$45 monthly	\$485 annual
Senior (55+)	\$20 monthly	\$200 annual
Senior Couple	\$25 monthly	\$250 annual
Military	\$20 monthly	\$200 annual
Military Family	\$40 monthly	\$400 annual
COT Individual	\$20 monthly	\$200 annual
COT Family	\$40 monthly	\$400 annual
Corporate Individual	\$25 monthly	\$270 annual
Corporate Family	\$40 monthly	\$400 annual
Troy Univ. student	\$25 monthly	(18-Above)

Daily Fees:

Individual	\$5
Fitness Center Daily Fee	\$5
Senior (55+)	\$2
Walking Track only	\$2
Military	\$3
3-and-Under	Free

All children under 16 must be supervised at all times by someone 18 or older.



Your insurance may provide you a free membership to the Rec Center!

If you have any of the following Health Plan providers, you can get a Silver Sneakers card, a Renew Active confirmation code or any other approved ID, and use the entire Troy Recreation Center for FREE, including the Fitness Center

- AARP Medicare Supplement Insurance Plan
- Aetna Medicare MAPD
- Blue Cross and Blue Shield/Blue Advantage (PPO)
- Retired Teachers: PeeHip
- Blue Cross and Blue Shield/C Plus Medicare
- Humana Medicare Advantage and Medicare Supplement
- Bankers Life
- United Healthcare

Call your health care provider and ask how you can get your card. Some group retiree plans may offer Silver Sneakers, Renew Active or other. Contact your plan administrator to see if your plan is one of them. You can also go to www.silversneakers.com for more information. Our Silver Sneakers exercise classes meet every Tuesday and Thursday, 9-10 a.m.. Contact Daphne Coppage at 334-372-1364 for more information.



Troy Parks and Recreation Ongoing Programs



Low Intensity Bootcamp Class

TPRD Membership Required or Daily Fee
Mon, Tues, & Thurs. @ 5:30 p.m.
Multipurpose Room 3

[Book Classes on MindBody App!](#)

High Intensity Bootcamp Class

TPRD Membership Required or Daily Fee
Mon, Tues., & Thurs. @ 6 p.m.
Multipurpose Room 3

[Book Classes on MindBody App!](#)

Spin Classes

TPRD Membership Required or Daily Fee
[Book Classes on MindBody App!](#)

5 a.m. Monday-Friday
6:30 a.m. Mon./Wed./Fri.
12:15 p.m. Mon./Wed./Fri.
5:30 p.m. Monday - Thursday

Stretching Class

TPRD Membership or pay Daily Fee
Mon., Wed., Fri. @ 8:30-9:30 a.m.
Multipurpose Rooms 1&2

[Book Classes on MindBody App!](#)

Silver Sneakers

TPRD Membership or Daily Fee
Tues., Thurs. @ 9 - 10 a.m.
Multipurpose Rooms 1&2
Daphne Coppage ~ 334-372-1364
[Book Classes on MindBody App!](#)

KPA Line Dancing & Fitness

Tuesday, 6-8:00 p.m.
Saturday, 10-12:00 p.m.
Multipurpose Rooms 1&2
Kalvin Allen ~ 334-372-4471 ~ \$5 per class

Early Bird Water Aerobics

\$25 per month
Mon./Wed./Fri. @ 6 -7 a.m.
Trina Thompson ~ 334-447-9139

Water Aerobics

TPRD Membership or pay Daily Fee
Mon., Wed., Fri. @ 8:30 - 9:30 a.m.

Yoga

TPRD Membership or pay Daily Fee
Tuesday's @ 5:45 am
Multipurpose Rooms 1&2
[Book Classes on MindBody App!](#)

Power Yoga

TPRD Membership or pay Daily Fee
Mon. & Thursday @ 6 – 6:30 pm
Multipurpose Rooms 1&2
[Book Classes on MindBody App!](#)

Beginner Yoga

TPRD Membership or pay Daily Fee
Mon. & Thursday @ 6:30 – 7pm
Multipurpose Rooms 1&2
[Book Classes on MindBody App!](#)