



## **TROY PARKS AND RECREATION**

### **ON-GOING PROGRAMS**

#### **Zumba**

Katrina Means - (334)-868-3722  
\$5 per class  
Wed, Fri @ 5:30 p.m.-6:30 p.m.  
(Multi-Purpose 3)

#### **KPA Line Dancing & Fitness - Curobiks**

Kalvin Allen - (334)-372-4471  
\$5 per class  
Thurs @ 5:00 p.m.-9:00 p.m.  
(Multi-Purpose 1&2)

#### **Water Aerobics**

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

#### **Silver Sneakers**

Daphne Coppage - (334)-372-1364  
TPRD Membership or pay Daily Fee  
Tues, Thurs @ 9:00 a.m.-10:00 a.m.  
(Multi-Purpose 1&2)

#### **Early Bird Water Aerobics**

Dorothy Baugh - (334)-372-4361  
\$25 per month  
Mon, Wed, Thurs @ 6:00 a.m. - 7:00 a.m.

#### **Stretching Class**

Courtney Little - (334)-566-4031  
TPRD Membership or pay Daily Fee  
Mon, Wed, Fri @ 8:30 a.m.-9:30 a.m.  
(Multi-Purpose 1&2)

#### **Yoga**

Jessah Comstock - (334)-566-4031  
TPRD Membership or pay Daily Fee  
Mon, Wed @ 6:15 p.m.-7:15 p.m.  
(Multi-Purpose 1&2)

#### **Stability Ball Classes**

Hank Strother - (334)-370-0000  
TPRD Membership  
Wed @ 6:30 p.m.-7:15 p.m.  
(Multi-Purpose 3)

#### **Spin Classes**

Amanda Minter - (334)-268-1076  
Cassidy Shorkey - (954)-829-0361  
TPRD Membership  
Mon-Fri @ 5:00 a.m.-5:45 a.m.  
Mon, Tues, Thurs @ 5:45 p.m.-6:30 p.m.  
(Spin Room)

#### **Pound Fit Class**

Beth Bravo - (334)-465-9456  
Hannah Castillow - (251)-802-2171  
TPRD Membership  
Tues @ 5:45 p.m.-6:30 p.m. (Multi-Purpose 1&2)  
Wed @ 5:15 p.m.-6:30 p.m. (Multi-Purpose 3)



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## **ON-GOING PROGRAMS**

### **TRX Classes**

Gina Franklin - (334)-372-0739  
Mallie Lundberg - (205)-401-3132  
TPRD Membership  
Mon, Wed, Fri @ 12:15 p.m.-1:00 p.m.  
Tues, Thurs @ 4:15 p.m.-5:00 p.m.  
(Multi-Purpose 3)

### **Baton**

Lauren Chandler  
Mon, Tues @ 5:30 p.m.-7:15 p.m.  
(Multi-Purpose 3)

### **Jump Club**

Jessah Comstock - (720)-519-6643  
Wed @ 4:30 p.m.-6:15 p.m.  
(Multi-Purpose 1&2)

### **Bootcamp Classes**

Hank Strother - (334)-372-0000  
TPRD Membership  
Mon @ 4:30 p.m.-5:25 p.m. & 5:30 p.m.-6:00 p.m. (Multi-Purpose 1&2)  
Tues @ 6:30 p.m.-7:15 p.m. (Multi-Purpose 1&2)  
Thurs @ 5:30 p.m.-6:15 p.m. & 6:30 p.m.-7:15 p.m. (Multi-Purpose 3)

### **Infant Swim**

Sarah Tuttle - (334)-406-0856  
Mon-Fri @ 10:00 a.m. - 12:30 p.m.