



TROY PARKS AND RECREATION

ON-GOING PROGRAMS

KPA Line Dancing & Fitness

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

TRX Classes

Gina Franklin (334) 372-0739
Mallie Lundberg (205) 401-3132
TPRD Membership Required
Mon/Wed/Fri @ 12:15 p.m. - 1 p.m.
Tues./Thurs. @ 4:15-5 p.m.
Multipurpose Room 3

Water Aerobics

Breeana Davis
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. until 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)

Over



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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)