



Troy Parks and Recreation Ongoing Programs

Bootcamp Classes

Hank Strother 334-372-0000
TPRD Membership Required
Mon./Tues./Thurs. - 6 p.m.
Multipurpose Room 3

Early Bird Water Aerobics

Dorothy Baugh 334-372-4361
\$25 per month
Mon./Wed./Thurs. - 6p.m. to 7p.m.
(CURRENTLY ON HOLD)

Jump Rope Club

Jessah Comstock 720-519-6643
Wednesday - 4:30p.m. to 6:15p.m.
Multipurpose Rooms 1 and 2

KPA Line Dancing & Fitness

Kalvin Allen 334-372-4471
\$5 per class
Thursday- 5p.m. to 9p.m.
Multipurpose Rooms 1 and 2

Pound Fit

Beth Bavaro 334-465-9456
Hannah Castillow 251-802-2171
TPRD Membership Required
Tues. 5:45-6:30, Multipurpose Rooms 1&2
Wed. 5:15-6:30, Multipurpose Room 3
(CURRENTLY ON HOLD)

Silver Sneakers

Daphne Coppage 334-372-1364
TPRD Membership or Daily Fee
Tues./Thurs.- 9a.m. to 10a.m.
Multipurpose Rooms 1 and 2

Stability Ball Classes

Hank Strother 334-372-0000
TPRD Membership Required
Wed. - 6:30 to 7:15
Multipurpose Room 3
(CURRENTLY ON HOLD)

Spin Classes

TPRD Membership Required
5 a.m. Leigh Ann Paramore
Mon.-Fri. 334-701-6939
6:30 a.m. Cassidy Shorkey
Mon.-Fri. 954-829-0361
12 p.m. (noon) Leigh Ann Paramore
Mon./Wed./Fri. 334-701-6939
4:45 p.m. Cassidy Shorkey
Mon.-Thurs. 954-829-0361
5:30 p.m. Amanda Miller
Mon.-Thurs. 334-268-1076

Stretching Class

Courtney Little 334-566-4031
TPRD Membership or Daily Fee
Mon./Wed./Fri.- 8:30 a.m. to 9:30 a.m.
Multipurpose Rooms 1 and 2

TRX Classes

Gina Franklin 334-372-0739
Mallie Lundberg 205-401-3132
TPRD Membership Required
Mon./Tues./Thurs.- 5:45 a.m.
Tues./Thurs. - 4:15 p.m.
Multipurpose Rooms 1 and 2

Water Aerobics

TPRD Membership or Daily Fee
Mon./Wed./Fri.- 8:30 a.m. to 9:30 a.m.

Yoga

Jessah Comstock 720-519-6643
TPRD Membership or Daily Fee
Mon./Thurs.- 6:15 p.m. to 7:15 p.m.
Multipurpose Rooms 1 and 2



Troy Parks and Recreation

<u>Hours Of Operation</u>	<u>Facility</u>	<u>Fitness Center</u>	<u>Pool</u>
Monday/ Wednesday	5a.m.-8:30p.m.	5a.m.-8:30p.m.	6a.m.-7p.m.
Tuesday/Thursday	5a.m.-8:30p.m.	5a.m.-8:30p.m.	8a.m.-7p.m.
Friday	5a.m.-7:30p.m.	5a.m.-7:30p.m.	6a.m.-7p.m.
Saturday	8a.m.-6:30a.m.	8a.m.-6:30a.m.	10a.m.-6p.m.
Sunday	2p.m.-5:30p.m.	2p.m.-5:30p.m.	2p.m.-5p.m.

Ages 13 and under are not allowed to use Fitness Facility Equipment under any circumstances. 14-15 must be accompanied by an adult (18+).

Fitness Center Child Watch Hours

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

Membership Fees:

Individual	\$30 monthly	\$325 annually
Family	\$45 monthly	\$485 annually
Senior (55+)	\$20 monthly	\$200 annually
Senior Couple	\$25 monthly	\$250 annually
Military	\$20 monthly	\$200 annually
Military Family	\$40 monthly	\$400 annually
COT Individual	\$20 monthly	\$200 annually
COT Family	\$40 monthly	\$400 annually
Corporate Individual	\$25 monthly	\$270 annually
Corporate Family	\$40 monthly	\$400 annually
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
- Bankers Life
- Retired Teachers: PeeHip
- Aetna Medicare MAPD
- Blue Cross Blue Shield/C Plus Medicare
- Blue Cross and Blue Shield/Blue Advantage (PPO)
- United Healthcare
- Humana Medicare Advantage and Medicare Supplement

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 classes meet every Tuesday and Thursday, from 9am-10am. Contact Cheryl Pennington at 334-566-4031 for more information.