



# Troy Parks and Recreation Ongoing Programs

## Bootcamp Classes

Hank Strother 334-372-0000  
TPRD Membership Required  
Mon.-Tues.-Thurs. @ 6 p.m.  
Multipurpose Rooms 1&2

## Early Bird Water Aerobics

Dorothy Baugh 334-372-4361  
\$25 per month  
Mon., Wed., Thurs. @ 6 -7 a.m.  
**(CURRENTLY ON HOLD)**

## Jump Rope Club

Jessah Comstock 720-519-6643  
Wed. @ 4:30-6:15 p.m.  
Multipurpose Rooms 1&2

## KPA Line Dancing & Fitness

Kalvin Allen 334-372-4471  
\$5 per class  
Thurs. @ 5-9 p.m.  
Multipurpose Rooms 1&2  
**(CURRENTLY ON HOLD)**

## Pound Fit Class

Beth Bavaro 334-465-9456  
Hannah Castillow 251-802-2171  
TPRD Membership Required  
Tues. @ 5:45-6:30, Multipurpose Room 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. @ 9 - 10 a.m.  
Multipurpose Rooms 1&2  
**(CURRENTLY ON HOLD)**

## Stability Ball Classes

Hank Strother 334-372-0000  
TPRD Membership Required  
Wed., 6:30-7:15, 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-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 Minter  
Mon.-Thurs. 334-268-1076

## Stretching Class

Courtney Little 334-566-4031  
TPRD Membership or pay Daily Fee  
Mon., Wed., Fri. @ 8:30-9:30 a.m.  
Multipurpose Rooms 1&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 Room 3

## Water Aerobics

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

## Yoga

Jessah Comstock  
334-566-4031  
TPRD Membership or pay Daily Fee  
Mon., Thurs. @ 6:15-7:15 p.m.  
Multipurpose Rooms 1&2