



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.

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

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

Silver Sneakers

Daphne Coppage 334-372-1364
TPRD Membership or Daily Fee
Tues., Thurs. @ 9 - 10 a.m.
Multipurpose Rooms 1&2

Stability Ball Classes

Hank Strother 334-372-0000
TPRD Membership Required
Wed., 6:30-7:15, Multipurpose Room 3

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., Wed. @ 6:15-7:15 p.m.
Multipurpose Rooms 1&2