



Troy Parks and Recreation



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

Ages 13-Under not allowed to use Fitness Facility Equipment under any circumstances. 14-15 must be accompanied by an Adult.

Child Watch Hours

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

Membership Fees:

| | | |
|----------------------|--------------|--------------|
| Individual | \$30 monthly | \$325 annual |
| Family | \$45 monthly | \$485 annual |
| Senior (60+) | \$20 monthly | \$200 annual |
| Senior Couple | \$25 monthly | \$250 annual |
| Military | \$20 monthly | \$200 annual |
| Military Family | \$40 monthly | \$400 annual |
| COT Individual | \$20 monthly | \$200 annual |
| COT Family | \$40 monthly | \$400 annual |
| Corporate Individual | \$25 monthly | \$270 annual |
| Corporate Family | \$40 monthly | \$400 annual |
| Troy Univ. student | \$25 monthly | (18-Above) |

Daily Fees:

| | |
|--------------------------|------|
| Individual | \$5 |
| Fitness Center Daily Fee | \$5 |
| Senior (60+) | \$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
- Aetna Medicare MAPD
- Blue Cross and Blue Shield/Blue Advantage (PPO)
- Retired Teachers: PeeHip
- Blue Cross and Blue Shield/C Plus Medicare
- Humana Medicare Advantage and Medicare Supplement
- Bankers Life
- United Healthcare

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 exercise classes meet every Tuesday - Thursday, 9-10 a.m..



Troy Parks and Recreation Ongoing Programs



Bootcamp Class

TPRD Membership Required or Daily Fee
Mon, Tues, & Thurs. @ 5:30 p.m.
Multipurpose Room 3
Book Classes on MindBody App!

Early Bird Water Aerobics

TPRD Membership Required or Daily Fee
Mon./Wed./Fri. @ 6 -7 a.m.
Trina Thompson ~ 334-447-9139

KLPA Line Dancing & Fitness

Tuesday, 6-8:00 p.m.
Saturday, 10-12:00 p.m.
Multipurpose Rooms 1&2
Kalvin Allen ~ 334-372-4471 ~ \$5 per class

Silver Sneakers

TPRD Membership or Daily Fee
Mon., Tues., Wed., Thurs. @ 9 - 10 a.m.
Cassidy Smartt – 334-670-6021
Book Classes on MindBody App!

Stretch Class

TPRD Membership or Daily Fee
Mon. & Wed. @ 8:30 - 9 a.m.
Book Classes on MindBody App!

Spin Classes

TPRD Membership Required or Daily Fee
Book Classes on MindBody App!

5:15 a.m. Monday-Friday
6:00 a.m. Mon & Wed
5:30 p.m. Tuesday & Thursday

Water Aerobics

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

**Download the MindBody App and search for Troy Parks and Recreation Center!
Please register in advance!**