



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
University 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!

Some insurance companies offer a **FREE** membership to the Troy Recreation Center. We partner with Silver Sneakers, Renew Active, and Silver & Fit. To check your eligibility, simply bring your insurance card to the front desk, and we'll assist you in looking it up!



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 ~ \$7 per class

Silver Sneakers

TPRD Membership or Daily Fee
Mon., Tues., Wed., Thurs. @ 9 - 10 a.m.
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 Classes

TPRD Membership Required or Daily Fee

- **Early Bird Water Aerobics**
Mon./Wed./Fri. @ 6 -7 a.m.
Trina Thompson ~ 334-447-9139
- **Water Aerobics**
Mon., Wed., Fri. @ 8:30 - 9:30 a.m.
Class led, no instructor

Yoga Classes

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

- **PowerFlow Yoga**
Monday & Thursday @ 5:30pm
Saturday @ 8:30am
- **Beginner Yoga**
Monday & Thursday @ 6:30pm

Instructor for both Yoga Classes is Micahla Thomas