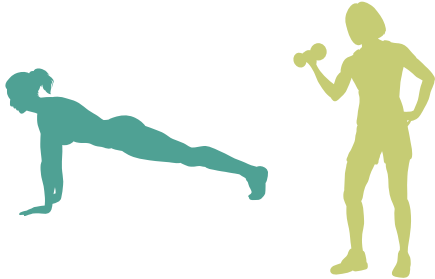


Fitness Passport Class Schedule: September 4–December 16, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am: Group Cycle (D)	6 am: Total Strength (A)	6 am: Group Cycle (D)	6 am: Total Strength (A)	6 am: Group Cycle (D)		
	7 am: Cardio Core & Fitball (B/C)		7 am: Cardio Core & Fitball (B/C)			
8 am: Total Strength (A)	8 am: Tabata Core Conditioning (A)	8 am: Total Strength (A)	8 am: Tabata Core Conditioning (A)	8 am: Total Strength (A)		
8 am: Low Cardio Tone/Stretch (B/C)	8 am: Barre (B/C)	8 am: Low Cardio Tone/Stretch (B/C)	8 am: Cycle & Sculpt (D)	8 am: Low Cardio Tone/Stretch (B/C)	8:15 am: Group Cycle (D)	
8:30 am: DancelT (D)	8 am: Cycle & Sculpt (D)	8:30 am: DancelT (D)	8–8:45 am: Pilates/Barre (B/C)	8:30 am: DancelT (D)	8:30 am: Total Strength (A)	
	9 am: Mat Pilates (A)	9 am: Balance & Stretch (50+) (B/C)	9 am: Mat Pilates (A)	9 am: Balance & Stretch (50+) (Rm 303)	9 am: Zumba (B/C)	9:15 am: Cycle/Sculpt Extreme (D)
9 am: Balance & Stretch (50+) (B/C)	9 am: Zumba (B/C)	9 am: Cardio & Weights (A)	9 am: Zumba Toning (B/C)	9 am: Beach Body PiYo (B/C)	9:05 am: Water Wave Aerobics (Pool)	
9:30 am: DancelT (D)	9:15 am: Slow Flow Yoga (Room 302)	9:15 am: Slow Flow Yoga (Room 302)	9:15 am: DancelT (D)	9 am: Cardio & Weights (A)	9:30 am: Resistance Training (D)	
	9:15 am: DancelT (D)	9:30 am: DancelT (D)		9:30 am: DancelT (D)	9:30 am: DancelT (A)	
10 am: Beginning Pilates (50+) (B/C)	10 am: Muscle Strengthening (50+) (A)	10 am: Beginning Pilates (50+) (B/C)	10 am: Muscle Strengthening (50+)(A)	10 am: Totally Muscle (A)	10:30 am: Full Body Circuit Training (D)	
10 am: Total Sculpt (A)		10 am: Calorie Blast (A)	11 am: Cardio Aerobics (A)	10:05 am: Water Wave Aerobics (Pool)		
10:05 am: Water Wave Aerobics (Pool)		10:30 am: Water Wave Aerobics (Pool)		11–11:55 am: Josh's Senior Drop In (B/C)		
12:15 pm: Lunchtime Cycle & Sculpt (D)	12 pm: Lunch Crunch (A)	11–11:55 am: Josh's Senior Drop In (B/C)	12:15–12:45 pm: Tabata (A)	12:15 pm: Lunchtime Cycle & Sculpt (D)		
12:15–12:45 pm: Tabata (A)		12:15 pm: Lunchtime Cycle & Sculpt (D)				
	5 pm: DancelT (A)		5 pm: DancelT (A)			
	5:30 pm: Cycle & Sculpt (D)	5:30 pm: Full Body Circuit Training (D)	5:30 pm: Cycle & Sculpt (D)			
6 pm: High Intensity (A)	5:30 pm: Pilates, Stretch, Balance & Tone (C)	6 pm: High Intensity (A)	5:30 pm: Pilates, Stretch, Balance & Tone (C)	6 pm: DancelT (A)		
6:30 pm: DancelT (D)	6 pm: POUND (A)	6:30 pm: DancelT (D)	6 pm: POUND (A)	6:30 pm: Full Body Circuit Training (D)		
7 pm: Full Body Circuit Training (A)	6:30 pm: Zumba (D)	6:45–7:45 pm: Kettle Bell and Core (C)	6:30 pm: Zumba (D)			
7 pm: Water Wave Aerobics (Pool)	7 pm: DancelT (A)	7 pm: Water Wave Aerobics (Pool)	7 pm: DancelT (A)			
	9 pm: Water Wave Aerobics (Pool)		9 pm: Water Wave Aerobics (Pool)			

Water Wave Aerobic participants should bring to class a towel and a lock to secure their belongings.

Aerobic exercise classes take place in the studios on the second floor of the Community Center. Refer to studio door for a list of classes in that particular room or bulletin board on the second floor.



Important Information

- All classes are for participants 18 years and older.
- (50+): Indicates programs geared toward adults age 50 and older.
- Classes are generally 55 minutes unless otherwise noted.
- Class size may be limited, for your safety, due to the amount of equipment and/or room size.
- Matinee Passport Holders can only attend classes Monday through Friday between 8 am–3 pm.
- Classes are held at the Troy Community Center and the rooms feature wood or rubber shock absorption flooring, natural light and individual sound systems.
- This schedule is for classes between September 4–December 16, 2018. Holiday and summer schedules will have a smaller selection of classes.
- Babysitting service is available for morning and evening classes on a first come, first serve basis. There is a separate charge for this service.
- Please be advised that DancelT is a choreographed class. The first 3 weeks of any session are spent on instruction. After the first 3 weeks of the session, no additional instruction will be given by the instructors.

Purchase an Annual Membership at the Troy Community Center - pay for 11 months and get the 12th month Free!

Troy Community Center Fitness Passport Fees

PASS TYPE	Resident	Non-Resident Employee	Non-Resident
Fitness Passport			
Adult (18 and older)	\$29/mo* \$319/yr	\$33/mo* \$363/yr	\$39/mo* \$429/yr
Matinee Passport	\$21.75/mo	\$24.50/mo	\$29/mo
Senior (60 and older)	\$27/mo	\$33/mo	\$39/mo

*This pass option is purchased through a monthly EFT payment plan (4 months due at enrollment), associated with a checking account or credit card (Visa or Master Card).

Passport Membership Benefits

Personal Trainers

Work with one of our personal trainers who will design a program specifically to meet your needs and goals. They can help with weight loss, muscular and cardiovascular strength endurance, sport specific training and/or overall improvement of health and well being! **To schedule an appointment with a trainer please call 248.526.2657.**

Schedule your free wellness consultation now!

Teresa Ehlert



Available: Evenings and weekends, by appointment

Education/Certifications: AFAA Personal Training Certification

Areas of Expertise: General Conditioning
Strength Training, Senior Fitness, Youth Conditioning Nutrition/Weight Loss Management.

Josh Jantz



Available: Mornings, days and evenings by appointment.

Education/Certifications: B.S in Kinesiology from Kansas State University, National Strength and Conditioning Association - Certified Strength and Conditioning Specialist (CSCS).

Areas of Expertise: General Fitness , Weight Management, Strength and Conditioning, Youth Conditioning, Functional Fitness, Customized Programming.

Unlimited Recreation Pass
+ Fitness Classes

=

Fitness Passport

The Troy Community Center offers a pass called the ***Fitness Passport***. This pass entitles the patron to have all of the options of an Unlimited Recreation Pass holder PLUS the opportunity to participate in a select list of fitness classes. This pass gives the patron unlimited possibilities of what they can add to their workouts! Matinee Fitness Passport holders can attend classes Monday-Friday, between 8 am and 3 pm only.



For More Information:
Troy Community Center
Fitness Desk: 248.526.2655
rec.troymi.gov