

Fitness Passport Class Schedule: January 2–March 17, 2019

All classes are 55 minutes unless otherwise noted.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am	Group Cycle D	Total Strength A	Group Cycle D	Total Strength A	Group Cycle D		
7 am		Cardio Core & Fitball B/C		Cardio Core & Fitball B/C			
8 am	Total Strength A Low Cardio Tone/ Stretch B/C	Tabata Core Conditioning A Barre B/C Cycle & Sculpt D	Total Strength A Low Cardio Tone/ Stretch B/C	Tabata Core Conditioning A Pilates & Barre* B/C Cycle & Sculpt D	Total Strength A Low Cardio Tone/ Stretch B/C	High Intensity B/C	
8:15 am						Group Cycle D	
8:30 am	DanceIT D		DanceIT D		DanceIT D	Total Strength A	
9 am	Balance & Stretch 50+ B/C	Mat Pilates A Zumba B/C	Balance & Stretch 50+ B/C Cardio & Weights A	Mat Pilates A Zumba Toning B/C	Balance & Stretch 50+ Rm 303 Beach Body PiYo B/C Cardio & Weights A	Zumba B/C	
9:05 am						Water Wave Aerobics Pool	
9:15 am		Slow Flow Yoga Room 302 DanceIT D	Slow Flow Yoga Room 302	DanceIT D			Cycle & Sculpt Extreme D
9:30 am	DanceIT D		DanceIT D		DanceIT D	Resistance Training D DanceIT A	
10 am	Beginning Pilates 50+ B/C Total Sculpt A	Muscle Strengthening 50+ A	Beginning Pilates 50+ B/C Calorie Blast A	Muscle Strengthening 50+ A	Totally Muscle A		
10:05 am	Water Wave Aerobics Pool				Water Wave Aerobics Pool		
10:30 am			Water Wave Aerobics Pool			Full Body Circuit Training D	
11 am			Josh's Senior Drop In B/C	Cardio Aerobics A	Josh's Senior Drop In B/C	Important Information <ul style="list-style-type: none"> All classes are for participants 18 years and older. 50+: Indicates programs geared toward adults age 50 and older. 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. 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 DanceIT 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. 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. Water Waver Aerobics participants should bring a towel and a lock to secure their belongings. 	
12 pm		Lunch Crunch A					
12:15 pm	Lunchtime Cycle & Sculpt D Tabata® A		Lunchtime Cycle & Sculpt D	Tabata® A	Lunchtime Cycle & Sculpt D		
5 pm		DanceIT A		DanceIT A			
5:30 pm		Cycle & Sculpt D Pilates, Stretch & Tone C	Full Body Circuit Training D	Cycle & Sculpt D Pilates, Stretch & Tone C	DanceIT A		
6 pm	High Intensity A	POUND A	High Intensity A	POUND A			
6:30 pm	DanceIT D	Zumba D	DanceIT D	Zumba D	Full Body Circuit Training D		
6:45 pm			Kettle Bell & Core C				
7 pm	Full Body Circuit Training A Water Wave Aerobics Pool	DanceIT A	Water Wave Aerobics Pool	DanceIT A			
9 pm		Water Wave Aerobics Pool		Water Wave Aerobics Pool			

*8–8:45 am | ®12:15–12:45 pm | ‡ 6:45–7:45

Troy Community Center Fitness Passport Fees

PASS TYPE	Resident	Non-Resident Employee	Non-Resident
Fitness Passport Adult (18 and older)	\$31/mo* \$341/yr	\$35/mo* \$385/yr	\$41/mo* \$451/yr
Matinee Passport	\$23.75/mo*	\$26.50/mo*	\$31*/mo
Senior (60 and older)	\$29/mo*	\$35/mo*	\$41/mo*

Receive an annual membership for the price of 11 months!

*Monthly pass option is paid 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.

Fitness Passport



All the perks of the Unlimited Recreation Pass PLUS the opportunity to participate in a select list of fitness classes including a variety of classes for all ages and body types. From slow paced to high intensity, our fitness instructors shape their classes for your needs.

**No sign up required for these classes.
Just drop in whenever you'd like!**

