

# Fitness Passport Class Schedule: June 21–August 25\*, 2018

*\*Special Schedule will be posted for 8/26–9/2.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am: Group Cycle (D)		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)	
**9 am: DancelT (D)	8 am: Cycle & Sculpt (D)	9 am: Balance & Stretch (50+) (B/C)	8–8:45 am: Pilates/Barre (B/C)		8:30 am: Total Strength (A)	
9 am: Balance & Stretch (50+) (B/C)		9 am: Cardio & Weights (A)		*9 am: Balance & Stretch (50+) (Rm 303)		9:15 am: Cycle/Sculpt Extreme (D)
	9 am: Zumba (B/C)	**9 am: DancelT (D)	9 am: Zumba Toning (B/C)	9 am: POUND (B/C)	9:05 am: Water Wave Aerobics (Pool) Starts 7/1	
*10 am: Beginning Pilates (50+) (B/C)	9:15 am: Slow Flow Yoga (Room 302)	9:15 am: Yoga (Room 301)	**9 am: DancelT (D)	9 am: Cardio & Weights (A)	9:30 am: Resistance Training (A)	
10 am: Triceps, Tummy & Tush (A)	**9 am: DancelT (D)	*10 am: Beginning Pilates (50+) (B/C)		**9 am: DancelT (D)	**9 am: DancelT (D)	
10:05 am: Water Wave Aerobics (Pool) Starts 7/2	*10 am: Muscle Strengthening (50+) (A)	10 am: Triceps, Tummy & Tush (A)	*10 am: Muscle Strengthening (50+)(A)		10:30 am: Full Body Circuit Training (D)	
		10:05 am: Water Wave Aerobics (Pool) Starts 7/11		10:05 am: Water Wave Aerobics (Pool) Starts 7/1		
		11–11:55 am: Josh’s Senior Exercise (B/C)	11 am: WERQ Dance Fitness (A)	10 am: Triceps, Tummy & Tush (A)		
12:15 pm: Lunchtime Cycle & Sculpt (D)		12:15 pm: Lunchtime Cycle & Sculpt (D)		11–11:55 am: Josh’s Senior Exercise (D)		
12:15–12:45 pm: Tabata (A)		12:15–12:45 pm: Tabata (A)		12:15 pm: Lunchtime Cycle & Sculpt (D)		
	5:30 pm: Cycle & Sculpt (D)		5:30 pm: Cycle & Sculpt (D)			
	5:30 pm: Pilates, Stretch, Balance & Tone (C)	5:30 pm: Full Body Circuit Training (D)				
6 pm: High Intensity (A)	6 pm: POUND (A)	6 pm: High Intensity (A)	6 pm: POUND (A)			
**6:30 pm: DancelT (D)	6:30 pm: Zumba (D)	**6:30 pm: DancelT (D)	6:30 pm: Zumba (D)	6:30 pm: Full Body Circuit Training (D)		
7 pm: Full Body Circuit Training (A)	7 pm: Water Wave Aerobics (Pool) Starts 7/3	6:45–7:45 pm: Kettle Bell and Core (C)	7 pm: Water Wave Aerobics (Pool) Starts 7/5			
7 pm: WERQ Dance Fitness (C)	**7 pm: DancelT (A)	9–9:50 pm: Water Wave Aerobics (Pool) Starts 7/11	**7 pm: DancelT (A)			
9 pm: Water Wave Aerobics (Pool) Starts 7/2						

**Studios will be closed June 18–20 for floor resurfacing.**

**\*Classes that begin week of June 25: Balance & Stretch, Beg. Pilates, Muscle Strengthening and Low Cardio Tone/Stretch.**

**\*\*DancelT classes end August 18.**

**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.

**Room 502:** Located on the first floor of the Community Center, next to the game room.

## 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 June 21–August 25, 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
<b>Fitness Passport</b>			
Adult (18 and older)	\$29/mo*	\$33/mo*	\$39/mo*
	\$319/yr	\$363/yr	\$429/yr
<b>Matinee Passport</b>	\$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

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# 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](http://rec.troymi.gov)