

Fitness Passport Class Schedule

(beginning January 2–June 18)

Note:

- 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 January 2 and June 18, 2017. 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.

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 - Low Cardio Instructor Choice (B/C)	8am - Tabata Core Conditioning (A)	8 am - Low Cardio Instructor Choice (B/C)	8 am - Tabata Core Conditioning (A)	8 am - Low Cardio Instructor Choice (B/C)	8:15 am- Group Cycle (D)	
8 am - Total Strength (A)	8 am - Barre (B/C)	8 am - Total Strength (A)	8 am - Cycle & Sculpt (D)	8 am - Total Strength (A)		
8:30 am - DancelT (D)	8 am - Cycle & Sculpt (D)	8:30 am - DancelT (D)	8-8:45 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)	9am - Mat Pilates (A)	9am - Balance & Stretch (50+) (Rm 503)		
9 am- Balance & Stretch (50+) (B/C)	9 am- Slow Flow Yoga (Room 302)	9 am - Cardio & Weights (A)	9 am-Zumba Toning (B/C)	9 am -Zumba (B/C)	9:05 am- Water Wave Aerobics (Pool)	
	9 am - Zumba (B/C)	9 am - Yoga (Room 301)	9:15 am - DancelT (D)	9 am - Cardio & Weights (A)	9:30am - Resistance Training (D)	9:15 am Cycle/Sculpt Extreme (D)
9:30 am - DancelT (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)		10:30 am - Full Body Circuit Training (D)	4:45 pm - Cycle/ Sculpt (D)
10:05 am-Water Wave Aerobics (Pool)		10:05 am- Water Wave Aerobics (Pool)		10:05 am- Water Wave Aerobics (Pool)		
10-10:55 am-Triceps, Tummy & Tush (A)		10-10:55 am-Triceps, Tummy & Tush (A)		10-10:55 am-Triceps, Tummy & Tush (A)		
12:15 pm - Lunchtime Cycle & Sculpt (D)		12:15 pm - Lunchtime Cycle & Sculpt (D)		12:15 pm - Lunchtime Cycle & Sculpt (D)		
12:15 - 12:45 pm Tabata (A)	5 pm - DancelT (A)	12:15 - 12:45 pm Tabata (A)	5 pm - DancelT (A)			
	5:30 pm - Cycle & Sculpt (C)	5:30 pm - Full Body Circuit Training (D)	5:30 pm - Cycle & Sculpt (C)			
	5:30 pm-Pilates,Stretch, Balance & Tone (D)	6 pm - High Intensity (A)	5:30 pm-Pilates, Stretch, Balance & Tone (D)			
6 pm - High Intensity (A)	6 pm - POUND (A)	6:45-7:45 pm-Kettle Bell and Core (Room 502)	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 - DancelT (D)		
7 pm - Total Strength (C)	7 pm - Water Wave Aerobics (Pool)	7 pm - Total Strength (C)	7 pm- Water Wave Aerobics (Pool)			
	7 pm - DancelT (A)		7 pm - DancelT (A)			
7 pm - Full Body Circuit Training (A)	7:30 pm - Step Up & Tone (D)		7:30 pm - Step Up & Tone (D)			
9 pm - Water Wave Aerobics (Pool)		9 pm - Water Wave Aerobics (Pool)				

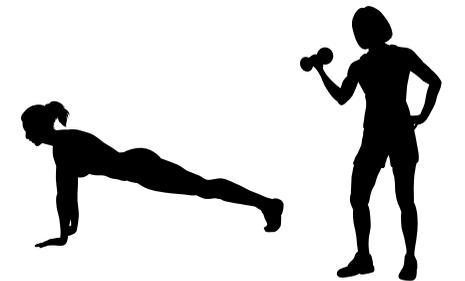
Purchase an Annual Membership at the Troy Community Center - pay for 11 months and get the 12th month Free!

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).

01/04/2017



NOTE:
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.

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.

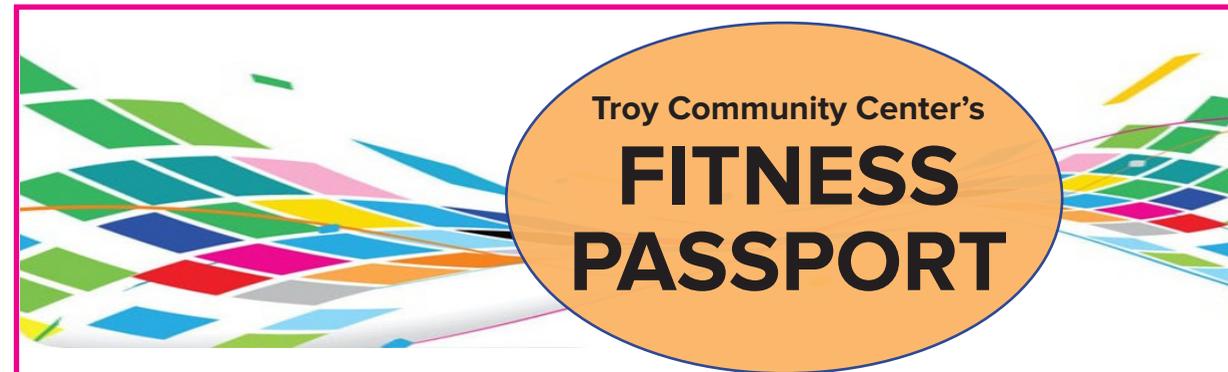
Education/Certifications: B.S in Kinesiology from Kansas State University, National Strength and Conditioning Association - Certified Strength and Conditioning Specialist (CSCS).

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

Massage Therapy

Kristel Williams, our certified massage therapist, performs therapeutic massages, and specializes in Swedish massage, Thai massage, Deep Tissue, Hot Rocks, Aromatherapy, Lymphatic Drainage and Thai Herbal Ball Massage. This is a great way to de-stress, relieve sore muscles, or treat yourself after reaching a fitness goal.

**To schedule an appointment please call 248.996.4517
or email intuitive.touch@yahoo.com**



**Unlimited Recreation Pass
+ Fitness Classes
= Our popular**

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
www.troymi.gov/CommunityCenter