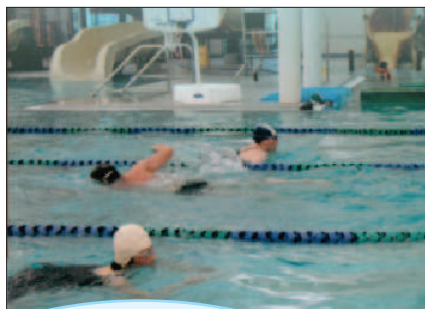


Troy Community Center's
**FITNESS
PASSPORT**

**Unlimited Recreation Pass + Fitness Classes =
Our New
Fitness Passport!**

New for 2011 the Troy Community Center is offering 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 (class list is on the back of this flyer). 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.

Try out the passport for the day for the low cost of \$12/Res; \$13/employee; \$15/non-resident. If you like the passport, the drop-in fee will be deducted from the cost of the passport (this request must be made the same day of drop-in).



More details

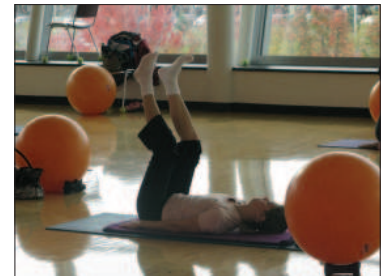
Check out the list of great classes included in the Passport that are listed on the back of this flyer!



**Troy Community Center
3179 Livernois Rd
Troy, MI 48083
Control Desk: 248.526.2655
<http://www.troymi.gov/ParksRec/CommunityCenter/>**

Fitness Passport Class Schedule-as of 1/3/12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am - Group Cycle	6 am-Total Strength	6 am - Group Cycle	6 am-Total Strength	6 am - Group Cycle	
8 am - Low Cardio & Tone	8 am - Skinny Jeans Club	8 am - Low Cardio & Tone	8 am - Skinny Jeans Club	8 am - Low Cardio & Tone	8:15 am - Group Cycle
8-8:45 am - Total Strength	8:15 am - Cycle & Sculpt	8-8:45 am - Total Strength	8:15 am - Cycle & Sculpt	8-8:45 am - Total Strength	
8:30 am - Danceit		8:30 am - Danceit		8:30 am-Danceit	8:30 am - Step Up &Tone
8:45-9:10 am-Core/Pilates		8:45-9:10 am-Core/Pilates		8:45-9:10 am-Core/Pilates	
9:15 am - Cardio Interval	9 am - Zumba	9:15 am - Cardio Interval		9:15 am - Cardio Interval	9:05 am-Water Wave Aerobics
9 am-Balance & Stretch (50+)		9 am-Balance & Stretch (50+)			
9:30 am - Danceit	9:30 am - Danceit	9:30 am - Danceit	9:30 am - Danceit	9:30 am - Danceit	9:30 am - Total Strength 9:30 am - Danceit
10 am-Beginning Pilates (50+)	10 am-Muscle Conditioning (50+)	10 am-Beginning Pilates (50+)	10 am-Muscle Conditioning (50+)		
10:05 am-Water Wave Aerobics		10:05 am-Water Wave Aerobics		10:05 am-Water Wave Aerobics	
	12:15 pm - Lunchtime Cycle & Sculpt	12:30 pm - Lunchtime Cycle & Sculpt		12:30 pm - Lunchtime Cycle & Sculpt	
5:30 pm - Cycle & Sculpt	5:30 pm - Cycle & Sculpt	5:30 pm - Cycle & Sculpt	5:30 pm - Cycle & Sculpt		
	5:30 pm-Pilates, Stretch, Balance & Tone		5:30 pm-Pilates, Stretch, Balance & Tone		
6 pm -High Intensity		6 pm - High Intensity			
6:30 pm - Danceit		6:30 pm - Danceit		6:30 pm-Danceit	
7 pm - Total Strength	7 pm - Water Wave Aerobics	7 pm - Total Strength	7 pm-Water Wave Aerobics		
	7 pm - Danceit		7 pm - Danceit		
7:30 pm - Swiss Ball	7:30 pm - Step Up & Tone		7:30 pm - Step Up & Tone		
9 pm-Water Wave Aerobics		9 pm-Water Wave Aerobics			



Note:

- All classes are for participants 18 years and older.
- These classes are held at the Troy Community Center and the rooms feature wood or rubber shock absorption flooring, natural light and individual sound systems.
- Above schedule is for classes between September 12 and mid-June. Holiday and summer schedules will have a smaller selection of classes.
- (50+): Indicates programs geared toward adults age 50 and older.
- Classes are generally 55 minutes.
- 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.

Troy Community Center Fitness Passport Fees

Pass Type	Resident	Non-Resident Employee	Non-Resident
NEW! Fitness Passport			
Adult (18 and older)	\$27/mo* \$324/yr	\$31/mo* \$372/yr	\$37/mo* \$444/yr
Matinee Passport	\$19.75/mo	\$22.50/mo	\$27/mo
Senior (60 and older)	\$25/mo	N/A	N/A

*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).

For More Information:
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