

<p>Group Fitness <b>OPEN TO EVERYONE</b></p>	<p>While you might find a class with an open spot the day of, it is best to always reserve your spot in our popular group fitness classes. <b>RESERVATION WINDOW: Reservations for group fitness classes open 5 days prior, at 12:00pm, until 1 hour prior to the class</b> (ie. reservations open at 12:00pm on Sunday for a Friday 9:00am class and close at 8:00am on Friday).</p>
<p>Facility Programs <b>OPEN TO MEMBERS ONLY</b></p>	<p>Members can reserve their spots in all facility programs - arena, aquatics, and gym! <b>RESERVATION WINDOW: Reservations for facility activities open 6 days prior, at the time of the event, until 1 hour (2 hours for weekend swim times) prior to the class</b> (ie. reservations open at 6:00pm on Saturday for 6:00pm Friday activity and close at 5:00pm on Friday).</p>

**1** Find your preferred group fitness class or facility activity by visiting [www.tricocentre.ca](http://www.tricocentre.ca) and choosing a schedule and selecting the activity.



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	THURS	FRI	SAT
	4	5	6
		<p><b>Gentle Fit 55+</b> 7:45 am - 8:30 am Studio #1</p>	<p><b>Cycling</b> 8:00 am - 9:00 am Studio #1</p>

**2** If the **reservation window** is open, select the **RESERVE SPOT** button on the right, or scroll down to the “Reserve Spot” window.

**3** Please review the information on the “Reserve Spot” window. It will relay information about your booking and list the number of spots available.

Group Fitness Classes: maximum **1 spot** per booking.  
Facility Activities: maximum **5 spots** per booking.

Select “Next” to continue.

**RESERVE SPOT**

Available Spots: 39

FREE for members! Entry into group fitness classes varies. Always free for members, \$9.00-\$16.00 for the public. Please check-in and pay at Guest Services.

Next →

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Prior to completing your reservation please ensure to review the required acknowledgments:  
(Fitness Booking: "I agree with "Group Fitness Policies"")  
(Facilities Booking: "I acknowledge that this form is for active members only...")

Enter your name and email followed by a unique Username and Password. Click "Submit" to continue.

The screenshot shows a registration form titled "INFORMATION". It includes a "Name" field, an "Email" field, and a checkbox for "I agree with Group Fitness Policies". Below these is a "Registration" section with "Username" and "Password" fields. A "Submit" button is at the bottom right, and a "Back" button is at the bottom left. A red box highlights the "Group Fitness Policies" link, with an arrow pointing to a text box that says: "This link will automatically open in a new tab. please review, and return to your spot by selecting the activity tab." Another red box highlights the "Submit" button. A blue text box explains: "The first time you reserve your spot you will be prompted to create a username (6-20 characters (no special characters (@#\$\$)) and password. This username will be connected to the email used to reserve the class above." A browser window in the background shows the "POLICIES TAB" active, displaying the "Group Fitness Policies" page.

Confirm your reservation

The screenshot shows a confirmation page titled "CONFIRM". It features a "Back" button on the left and a green "Reservation" button on the right, which is highlighted with a red box.

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You will receive a confirmation email that includes a unique cancellation link. Use this link, or login into your User Dashboard with the credentials you created in Step 4 above to cancel your reservation.

Thanks for your booking.

To view/cancel your reservations, visit your [User Dashboard](#).

Having trouble? Please contact [guestservices@tricocentre.ca](mailto:guestservices@tricocentre.ca) with as much detail as possible.