

What should I expect from each class?

Trico Centre offers a wide range of classes suitable for ages 12-99 and span all fitness and levels. Understanding what each class will be designed for will help you and fellow participants get the most out of your experience. Selecting classes in your desired intensity range will keep the “group” together in group exercise. Pick class components that match your goals and objectives for the day, month or year.

Intensity Rating:

Intensity is not the same as difficulty. Don't believe us? Try sitting and meditating for 60 min and tell us that it's not difficult. Instead, intensity reflects relative loads and/or how vigorous a class is typically delivered and is always a range. Participants should aim to reach the indicated exertion levels.










light intensity < *med. intensity* < *high intensity*

1-3

4-6

7-10

Class Components: What can I expect to do in each class?

	Expect lots of cardio-vascular drills and intervals
	Moderate amounts of cardio-vascular drills and intervals
	Some cardio-vascular drills and intervals
	Expect lots of strength training and weightlifting
	Moderate amounts of strength training and weightlifting
	Some strength training and weightlifting
	Expect lots of stretching, flexibility and mobility
	Moderate amounts of stretching, flexibility and mobility
	Some stretching, flexibility and mobility

Important Reminders:

- Always listen to the instructor for safety, technique and instructional information.
- Please arrive on time. When you arrive late, it's disruptive to other participants and the instructor. You may not be allowed entry to yoga classes if you are late.
- Some classes may not be for everyone. Refer to the Intensity Ratings and Class Components to see if this class is for you.
- Respect the instructor and other participants. Limit side conversations with others.
- If an exercise needs modification due to injury, limitations or experience; just ask the instructor.
- Please utilize the markings in our Mind/Body studio to ensure space and comfort for all. Mats are placed on the L's.
- If new to a class, arrive early and talk to the instructor about proper setup.

Aqua Zumba: Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.



Barre: Based around the principles of ballet barre and dance conditioning, this class will help you develop core strength, improve posture and increase your flexibility, while challenging both your upper and lower body to maintain muscle tone.



Aqua Bootcamp: Water adds an element of nature to your training that no machine can offer. Create your own resistance, meaning you are always in control of the level at which you work out. The harder you push, the harder the workout is going to be. Wanting an easy recovery day? Simply reduce the tempo for less resistance. Improve overall fitness, strength, power, and function.



Butts & Gutts: "Kelly, can you handle this? Michelle, can you handle this? Beyoncé, can you handle this? I don't think they can handle this!"

or

"Because you know I'm all about that bass 'Bout that bass, no treble"

or

"I like big butts and I cannot lie, You other brothers can't deny, That when a girl walks in with an itty-bitty waist..."



Cardio Dance: Dance your way to fitness in this high-energy, choreography-based class. Each class combines different cardio & strength-building moves to help you burn calories, tone your body, develop better coordination and balance and build self-confidence. No previous dance experience required.



Cycling: Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. If you like to cycle this one is for you! All fitness levels welcome.



Cycling & Barre: 1) See Cycling, 2) see Barre, 3) put them together.



Cycling & Lift: 1) See Cycling, 2) see Lift, 3) put them together.



Deep Water Workout (DWW): Explore the benefits of deep water aqua with this total body workout that uses varying tempos, and ranges of motion to modify movement intensity. Improve your mobility, flexibility, cardiovascular fitness, and endurance.



Fit 'n Fab: A gentle aerobic and muscle conditioning class designed with the older adult in mind. Improve balance, aerobic endurance, flexibility, and muscle tone.



Gentle Fit: An active, social class designed to improve their strength, flexibility, and balance in a supportive and relaxed environment. This class uses chairs rather than mats for many strengthening/stretching exercises. This class combines gentle movements, light resistance exercises, and mindful stretching to promote overall well-being without putting stress on the joints



Hip Neutral: Follow along with a series of exercises and drills to help reestablish balanced, strong, functional hips. Primarily mat-based, with elements of pelvic floor health this class promotes hip mobility and stability for all ages.



Lift: Amp up your strength, power, and metabolism through resistance training. Expect a full-body strength-based class using a variety of equipment including barbells, body weight and free weights. Often strength and power are the missing pieces to a great workout regime.



Meta-Bolic: Ignite your metabolism and push your limits in this high-intensity, full-body workout. Meta-Bolic mixes and remixes strength training, cardio intervals, and functional movements to keep your heart rate elevated and your body guessing. Perfect for maximizing your results in minimal time.



Pilates: Pilates creates a method of total body conditioning that will emphasize body alignment, core and muscle strength, and flexibility. This class facilitates general movement, and posture awareness, and is excellent cross training for many sports (i.e., running, golf, skiing).



Rowing: Combines high energy, high intensity, low impact and total body conditioning into a workout that is suitable for anyone to get fit! It's adaptable to the individual, it allows for a wide range of skill levels & everyone can find success with it! Rowing is one of the few non-weight bearing sports that exercises ALL the major muscle groups. It's rhythmic (stress reducing), challenging and can even be meditative at times!



Row & Lift: 1) See Rowing, 2) see Lift, 3) put them together.



Sculpt & Core: Looking to tone up your body? This muscular endurance class works the entire body with the use of various equipment (ie. weights, tubing, steps and more). If you like to feel the burn, this class is for you.

Step: Step started in the 80's but has grown over 30 years. It has evolved into less dance, more athleticism, more of a total body workout. Join Step for one of the best cardio workouts you'll get while being hyper-mindful throughout. Still a whirling-dervish of fun.



#TRXngth: The TRX is a suspension-based system relying completely on body weight exercises. We challenge you-vs-you in this strength-based class with off-frame stations. Based around developing type-2 muscle for strength and power, we have options for adults and seniors.



Teen Crush: Really fun, really hard! Learn and perform new exercises and workouts, while meeting new friends with similar interests. Whether you want to get started or get stronger, this is the time to hit it!

Teens Only! Restricted to 12-17 years old



#TricoTough: #HIIT #strong #athletic #intervals #power #sweaty #performance #awesome!

This high intensity class with high impact elements varies its weekly focus between speed, strength and anaerobic intervals. Smarter, safer and stronger than any WOD you may do.



Yoga: is a combination of many things, a veritable yin and yang. Strength and flexibility training is accomplished through many different asanas (or poses). Mind and spirit are calmed through pranayama (or breathing and meditation practices). Afterwards the body and soul are re-invigorated for the challenges of work, play and life in general

Big Chill: A mid-week, restore & reset. This moon-salute includes a wind-down, breath work, soft night stretch and finishes with a guided meditation.



Bro-ga: made for guys (& gals) who are new to yoga; beginner-friendly, no-flexibility & no yoga experienced required. Work on common problem areas as a weekend warrior (hips and hamstrings). Bro-ga is a great way to get started with yoga: building mobility, flexibility, strength & balance in a fitness-centric yoga program



Dadurday Yoga: Dads (and moms) can come and spend some special time with their kid(s) participating in this gentle Hatha style Yoga class. Please bring your own yoga mats for each person.

Minimum age is 5 years old, up to 3 children per parent.



Hatha: A classic practice working through standing, seated and lying postures for strength, balance & flexibility.



Meditation: Calm the mind and re-energize the body with a combination of moving and seated meditation



Strong: Explore the base postures of all yoga. Developing a stronger foundation allows you to dive deeper into more advanced asana.



Sun Salute: Wake up and work through a series of sun salutes as the early dawn rises.



Vinyasa Flow: A balanced mix of strength and length flowing together. You're pretty much guaranteed to leave feeling better than how you came in.



Yin/Restorative: Long supporting holds assist in opening the fascia while bringing a sense of calm.



Zumba: This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

