



DO IT FOR *YOURSELF*

AN ACTIVE LIFE STARTS AT TRICO CENTRE



www.tricocentre.ca | 403.278.7542

Trico Centre Membership

Our senior pricing starts at age 60, offering affordable access to fitness, aquatics, drop-in activities and two NHL-sized arenas.

All Memberships Include:



Pool, Hot Tub, and Sauna Access



80+ Weekly Drop-in Classes



Fitness Centre Access



Arena and Gymnasium Access



20% off Registered Programs

Included in Membership!



Gentle Fit 55+

An active, social class that enhances your cardiovascular/respiratory systems, and improve bone density and balance.



Aquacise

Our aquacise classes use varying tempos, hand positions, and ranges of motion to modify movement intensity.



Yoga

Gentle holds focusing on supporting the connective tissue and joints while opening the hips, back, and shoulders.



Fit N' Fab

A gentle aerobic and muscle conditioning class designed to improve balance, endurance, and flexibility.



STRXNGTH: 55+

The TRX is a suspension-based system relying almost completely on body weight exercises while providing support.

Adult Membership Pricing

60 Plus

\$59.25
/month

- Fitness Access
- Pool Access
- Drop-in Classes
- Arena Access
- 20% off Programs

60 Plus Couple

\$91.75
/month

- Fitness Access
- Pool Access
- Drop-in Classes
- Arena Access
- 20% off Programs

Adult

\$80.00
/month

- Fitness Access
- Pool Access
- Drop-in Classes
- Arena Access
- 20% off Programs

Adult Couple

\$130.00
/month

- Fitness Access
- Pool Access
- Drop-in Classes
- Arena Access
- 20% off Programs

Sign up at Guest Services Today!

All memberships are processed in-person. Find our friendly staff on our lower level of Trico Centre.

Registered Programs

Trico Centre offers specialized programs that are research-based and professionally led.

All members get 20% off registered programs.

Featured Fall Programs:

Better 'Betes | Tue. & Thur.

Sep 9 - Oct 30 | 10:00-10:50am

Nov 4 - Dec 18 | 10:00-10:50am

\$199 16 classes

\$182 13 classes

Based on the most up-to-date research from Diabetes Canada, cardio and weight training is combined in this class to facilitate 100 minutes of moderate activity a week, led by our professional trainers.

Better Backs | Sun.

Sep 7 - Oct 26 | 11:45-12:45pm

Nov 2 - Dec 14 | 11:45-12:45pm

\$91 7 classes

Strengthen back muscles and alleviate low back pain. In this 8-week series we help you release muscular tension and decompress the spine, while building functional strength through extension and rotation.

Register by phone: 403.278.7542

Better Boners | Sun.

Sep 7 - Oct 26 | 1:00-2:00pm

Nov 2 - Dec 14 | 1:00-2:00pm

\$91 7 classes

We “erected” this program with the root goal to address Pelvic Floor rehab and function in men. Learn proper contraction, relaxation and coordination of the pelvic floor and associated structures in the area.

Bone Builders | Thur.

Sep 11 - Oct 30 | 1:00-1:50pm

Nov 6 - Dec 18 | 1:00-1:50pm

\$91 7 classes

Focused on maintaining bone health, creating strength and power, and minimizing your risk of falling. This weight-room based class makes our seniors strong!

Aqua for Arthritis | Wed.

Sep 10 - Oct 29 | 10:00-10:50am

Nov 5 - Dec 17 | 10:00-10:50am

\$104 8 classes

\$91 7 classes

This is a gentle and water workout designed with movements recommended by the Arthritis Foundation Aquatic Program.

Register online: www.tricocentre.ca/register