

# DO IT FOR *YOURSELF*

AN ACTIVE LIFE STARTS AT TRICO CENTRE



[www.tricocentre.ca](http://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 Winter Programs:

### Better 'Betes | Tue. & Thur.

Jan 6 - Feb 26 | 10:00-10:50am

Mar 3 - Apr 23 | 10:00-10:50am

**\$199** 16 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.

Jan 4 - Feb 22 | 11:45-12:45pm

Mar 1 - Apr 19 | 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.

Jan 4 - Feb 22 | 1:00-2:00pm

Mar 1 - Apr 19 | 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.

Jan 8 - Feb 26 | 1:00-1:50pm

Mar 5 - Apr 23 | 1:00-1:50pm

**\$104** 8 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.

Jan 7 - Feb 25 | 10:00-10:50am

Mar 4 - Apr 22 | 10:00-10:50am

**\$104** 8 classes

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

**Register online: [www.tricocentre.ca/register](http://www.tricocentre.ca/register)**