

## Totem Fitness Centre

Our friendly, knowledgeable and caring staff sets Trico Centre apart from other facilities. People of all ages and fitness levels will feel comfortable and welcome in our facility.

Our members love the relaxed atmosphere and variety of fitness options with 70+ Drop-In Group Fitness classes every week.

- 13,500 ft<sup>2</sup> Fitness Centre with state-of-the-art fitness equipment including free weights, strength machines, and new cardio equipment in a spacious environment.
- Full Fitness Centre change room facilities.
- Three-lane running track with rubberized surface.
- Two fully-equipped fitness studios that host a full spectrum of health and fitness classes.
- Separate Mind-Body Studio: A tranquil space dedicated to Mind Body (yoga, Pilates,) classes.
- Dedicated Spin Zone in our Fitness Centre
- Outdoor Bootcamp facility

New to Trico Centre? Drop in and try out the Fitness Centre (see Admissions p. 4.) Non-Members can access the Fitness Centre through admissions as well. If you work out once a week, you can save with a membership.

## Totem Fitness Centre Hours

January 9 - March 23

Monday to Friday 6 am – 10 pm

Saturday 7am – 9pm

Sunday 7am – 8pm

For holiday hours, please check our website [www.tricocentre.ca](http://www.tricocentre.ca) or pick up a schedule at Guest Services



## Buy a membership and enjoy these Fitness benefits

### Drop-In Fitness Classes

Drop-In Group Fitness classes are a great benefit of Trico Centre membership! We offer over 70 Drop-In Group Fitness classes every week in four main categories: Cardio, Aquatic, Muscle Conditioning, Bike/Spin, and Mind/Body. All Drop-In Group Fitness classes are included with membership.

All our classes are taught in a fun, positive environment and are mixed-level which allows you to work at your own pace and invites all ages and skill levels to participate. Classes run from 6:30 am to 8:30 pm. NEW classes include Zumba and - back by popular demand - Hardcore Bootcamps.

For details about classes, times, and class descriptions, [check our Drop-In Fitness schedule](#) available online at: [www.tricocentre.ca](http://www.tricocentre.ca) or at the Guest Services desk. Plus, follow us on Twitter and stay updated on class and customer alerts.

### Registered Fitness Classes

Registered Fitness classes are another great way to get fit and are offered at 50% off for members (see p. 8.)

Trico Centre members love registered fitness classes because they offer many benefits including **Progression** (you never hit a workout plateau); **Relationships** (instructor gets to know you and you get to know other participants - plus you feel more accountable to show up every week); **Guaranteed smaller class size** (instructor has you working at the level that is right for you.)

Trico Centre members love registered fitness classes because they offer many benefits including **Progression** (you never hit a workout plateau); **Relationships** (instructor gets to know you and you get to know other participants - plus you feel more accountable to show up every week); **Guaranteed smaller class size** (instructor has you working at the level that is right for you.)

## Pilates Intermediate/Advanced

Join Glory for this Pilates class that combines her ten years of Stott Pilates Method training with her Physical Mind Certification. This class will help you achieve a stronger, more efficient body and core.

**Thursday** 12:30 – 1:30pm  
January 19 – March 1 (6 classes)  
(no class Feb 16)

March 8 – April 26 (7 classes)  
(no class March 29)

M: \$42 (6 classes) \$49 (7 classes)  
NM: \$84 (6 classes) \$98 (7 classes)

## Pilates TRX Synergy

This class will have you hanging from the ceiling. It combines TRX suspension equipment with basic Pilates principles.

**Monday** 1:30 – 2:30pm  
January 16 – February 27 (6 classes)  
(no class Feb 20)

March 5 – April 23 (7 classes)  
(no class March 26)

M: \$42 (6 classes) \$49 (7 classes)  
NM: \$84 (6 classes) \$98 (7 classes)

## Rhythmical Yoga Pilates Synergy

Yoga poses, strength training and Pilates core exercises, plus small weights and music.

**Tuesday** 6:15 – 7:15pm  
January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)  
(no class March 27)

M: \$49 NM: \$98

## Synergy Bootcamp

A fast-paced class, starting with cardio and moving to dynamic and static yoga poses. Some Pilates/Yoga experience necessary.

**Wednesday** 9:15 – 10:15am  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)

M: \$49 NM: \$98

**Watch for AFLCA Certification Course coming in Winter 2012.**

## New KettleBell Beginner

Melt fat off your body, define your muscles, and increase your metabolism with ballistic exercises that provide cardiovascular, strength and flexibility.

**Wednesday** 7:30 – 8:30pm  
January 18 – February 29 (7 classes)

March 7 – April 25 (7 classes) (no class March 28)

M: \$49 NM: Fee: \$98

## KettleBell Intermediate/Advanced

Melt fat off your body, define your muscles, and increase your metabolism with ballistic exercises that provide cardiovascular, strength and flexibility. Kettlebell experience necessary.

**Wednesday** 6:30 – 7:30pm  
January 18 – February 29 (7 classes)

March 7 – April 25 (7 classes)  
(no class March 28)

**Friday** 6:30 – 7:30pm  
January 20 – March 16 (8 classes)  
(no class Feb 17)

M: \$49 (7 classes) \$56 (8 classes)  
NM: \$98 (7 classes) \$112 (8 classes)

## Give Me 30!

Change the way you look and feel with this super-charged 30-minute bootcamp regime. Drop-In to any or all of the classes for one low price.

**Monday** 9:15 – 9:45am or 7:30-8pm

**Wednesday** 2:30 – 3pm or 6:30-7pm

**Thursday** 5:30 – 6pm

**Saturday** 10:30 – 11am

January 14 – March 24 (10 classes)  
(no class Feb 18)

M: \$91 NM: \$182

## New Hap Ki Do (13 – 60+ yrs)

Learn the principles, techniques and values of traditional Hap Ki Do. Improve your fitness, well being, self-confidence and self-esteem. Learn about pressure points, joint locks, and punch and kick technique. Master Geri Raimondi

**Wednesday** 6:30 – 8:00pm  
January 18 – February 29 (7 classes)

March 7 – April 25 (7)  
(no class March 28)

M: \$74(7 classes) NM: \$147 (7 classes)

## New Canes for Fitness and Self-Protection (Adult 18+)

A cane assists with stability but can also be used as part of a daily fitness routine and for self-protection. Each class provides a warm up, a 15 to 20-minute Canes-can-Strengthen segment (followed by a Canes-can-Protect segment (participants learn practical applications of a cane in the art of self-protection.)

**Monday** 2 – 3pm  
January 16 – February 27 (6 classes)  
(No class Feb 16)

March 5 – April 23 (7 classes)  
M: \$42 (6 classes) \$49 (7 classes)  
(No class March 26)

NM: \$84 (6 classes) \$98 (7 classes)

## New Ladies Can Lift

Get an individualized program developed by a personal trainer, plus come to class and get the benefits of working out with others. Course fee includes a half-hour private consultation with a certified personal trainer to create your own personal workout program (must be completed before class start date.) During class time, a personal trainer/instructor will assist you and other class participants to do your individual workouts. Space is limited.

**Thursday** 7:15 – 8:15pm  
January 19 – March 1 (6 classes)  
(no class Feb 16)

March 8 – April 26 (7 classes)  
(no class March 29)

M: \$72 (for 6 classes plus 30-minute personal training session)  
\$79 (for 7 classes plus 30-minute personal training session)  
NM: \$144 (for 6 classes plus 30-minute personal training session)  
\$158 (for 7 classes plus 30-minute personal training session)

## New Ladies Get Tough

### Women's Self Defense and Fitness.

Get fit and get tough in this women's self defense course. Learn skills for safety and self-protection plus get fit through cardio training drills. Each class also provides scenario training and skill building lessons for practical self-defense application. All fitness levels welcome.

**Thursday** 2 – 3pm  
January 19 – March 1 (6 classes)  
(no class Feb 16)

March 8 – April 26 (7 classes)  
(no class March 29)

M: \$42 (6 classes) \$49 (7 classes)  
NM: \$84 (6 classes) \$98 (7 classes)

## New Our Little Secret

Learn some new moves that will expose a whole different side of you just in time for Valentines Day. Build core and upper body strength while working it to the music. Pole and burlesque dancing will be covered in this two-hour session. Register for just one session or all three.

**Friday** 7 – 9pm  
January 20 (1 class)

**Saturday** 4 – 6pm  
January 28 (1 class)

**Friday** 7 – 9pm  
February 10 (1 class)

M: \$14/session NM: \$28/session



# PERSONAL AND TEAM TRAINING

## Personal Training

Personal Training is more than a series of one-on-one sessions, it is a positive motivational relationship that will help you set and achieve your health and fitness goals!

Your Personal Trainer will develop a customized program that works for you. Our trainers base their programs on the latest research and innovative strength-training techniques and deliver them in a comfortable, non-intimidating way.

Personal Training benefits:

- Provides motivation and accountability
- Ensures safe and proper lifting techniques and posture are maintained throughout your session to prevent injury
- Helps you set and achieve realistic short and long-term health and fitness goals
- Provides you with a program designed specifically for your fitness level and ability

### Individual Personal Training (1-hour)

Sessions	Member	Non-Member
3	\$179	\$223
6	\$346	\$432
12	\$668	\$835
24	\$1291	\$1613

## Small Group Personal Training

For more information on Small Group Personal Training (2 to 4 people) please visit our website at [www.tricocentre.ca](http://www.tricocentre.ca) or email [fitness@tricocentre.ca](mailto:fitness@tricocentre.ca)

## Team Training

Want your team running like a well-oiled machine? If your sport team needs that training edge, Trico Team Training has a comprehensive training program that delivers results.

Workouts concentrate on sports-specific fitness training in a team atmosphere. This intense program will get your players into high gear and help in every aspect of their game. We will work with specific teams' needs and time frames.

January-June

Fee: \$103/team/session (+ GST)  
(Team size = 20 participants including players, coaches or parents)  
No discounts for Members

For more information please visit our website at [www.tricocentre.ca](http://www.tricocentre.ca) or contact our Fitness Department at [fitness@tricocentre.ca](mailto:fitness@tricocentre.ca).

## Fitness Assessment (1 hour)

We'll measure your overall fitness level, based on a standardized set of guidelines. Includes the following tests: Body Composition, Aerobic Fitness Test, Grip Strength Test, Push Up Test, Flexibility Test, Vertical Jump Test, and a Standing Long Jump Test.  
M: \$72 NM: \$90

## Body Composition (30 minutes)

Our professional consultants will measure skin folds, a body composition analyzer measurement, as well as girth measurements

M: \$38.40 NM: \$48

Save by combining two services.

M: \$88.80 NM: \$111

## Custom Program Development

Let a fitness professional design a custom program to keep you motivated, make the best use of your time, and help you attain your fitness goals. An initial half-hour consultation is followed by a one-hour session. M: \$96 NM: \$120

## Nutrition Services

For more information on our Nutrition Services please visit our website at [www.tricocentre.ca](http://www.tricocentre.ca) or email [fitness@tricocentre.ca](mailto:fitness@tricocentre.ca)



# FAMILY PROGRAMS

Trico Centre is committed to your family's wellness. We are offering several new fitness-focused classes for children and youth or that you can enjoy as a family.

## PARENT & TOT FITNESS Squats and Tots

This class covers it all, from strength to cardio to core and much more. Come meet other Moms looking to get some exercise and bring your tots (up to 4 yrs) with you!

**Monday** 1 – 2pm  
January 16 – February 27 (6 classes)  
(no class Feb 20)  
March 5 – April 23 (7 classes)  
(no class March 26)  
**Wednesday** 1 – 2pm  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)  
M: \$67.20 (6 classes) \$84 (6 classes)  
NM: \$78.40 (7 classes) NM: \$98 (7 classes)

## Salsa Tots (18 months – 5 yrs)

This parent and tot program is designed for older babies and tots who have outgrown a carrier and are ready to dance on their own two feet! Salsa Tots combines movement and play with lively Latin rhythms. Dance to Flamenco Flamingo, sing to Seista Fiesta, play to the Mexican Hat Dance and learn basic Spanish vocabulary.

**Tuesday** 4:45 – 5:30pm  
January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)  
(no class March 27)  
Fee: \$126 **No member discounts.**

## Salsa Babies – Latin Beat for Tiny Feet

Dance back into shape with the best little partner of all – your baby! With the little ones snuggled into baby carriers, new Moms learn basic steps to popular Latin dances, while babies shake maracas and bounce along to the Salsa beat. Minimum age for babies is 6-8 weeks.

**Tuesday** 1 – 1:45pm  
January 17 – February 28 (7 classes)  
March 6 – April 24 (8 classes)  
(no class March 27)  
Fee: \$126 (7 classes) \$144 (8 classes)  
**No member discounts.**

These two classes offered in our facility by "Salsa Babies" with instructor Michelle Paradis. **No member discounts.**



## Parent & Child Karate (6+ yrs)

A recreational introduction to the basic techniques of karate. The class is taught in a safe and positive environment by a qualified karate instructor, with a focus on self-discipline.

**Saturdays** 10 – 11am  
January 14 – March 24 (10 classes)  
(no class February 18)  
M: \$112 NM: \$140 (Includes 1 parent & 1 child.) Additional child or parent \$30

## Parent & Child Tae Kwon Do (6+ yrs)

A recreational introduction to the basic techniques of Tae Kwon Do. The class focuses on self-discipline and is taught in a safe, positive environment by a qualified instructor.

**Tuesday** 6:15 – 7:15pm  
January 17 – April 24 (14 classes)  
(No class March 27)  
M: \$144 NM: \$180 (Includes 1 parent & 1 child.) Additional child or parent \$30

## CHILDREN/YOUTH FITNESS

### New Children's Tang Soo Do Karate (3 – 5 yrs)

This class introduces the traditional art of Tang Soo Do Karate. Students will learn the basic kicks, strikes and blocks along with drills and skills for self-protection.

**Monday** 5:30 – 6:30pm  
January 16 – February 27 (6 classes)  
(no class February 20)  
March 5 – April 23 (7 classes)  
**Thursday** 5 – 6pm  
(no class March 26)  
January 19 – March 1 (no class Feb 16)  
March 8 – April 26 (no class March 29)  
**Saturdays** 2:15 – 3:15pm (10 classes)  
January 14 – March 24  
(no class February 18)  
M: \$72 (6 classes) \$84 (7 classes)  
\$120 (10 classes)  
NM \$90 (6 classes) \$105 (7 classes)  
\$150 (10 classes)

### New Little Kickers Karate (4 – 5 yrs)

This class introduces the basic techniques of martial arts while building balance, motor skills, and focus through drills that are energetic and fun.

**Monday** 1:15 – 2pm  
January 16 – February 27 (6 classes)  
(no class February 20)  
March 5 – April 23 (7 classes)  
(no class March 20)  
**Saturday** 2:15 – 3:15pm (10 classes)  
January 14 – March 24  
(no class February 18)  
M: \$72 (6 classes) \$84 (7 classes)  
\$120 (10 classes) NM: \$90 (6 classes)  
\$105 (7 classes) \$150 (10 classes)

## Karate (6–17 yrs)

Trico Centre is proud to be offering recreational karate, which focuses on integrating self-discipline and self-motivation.

**Saturday** 11am – 12pm  
January 14 – March 24 (10 classes)  
(no class Feb 18)  
M: \$100 NM: \$125

## FAMILY FITNESS

### New Family Tang Soo Do Karate 10+ yrs

An introduction to the traditional art of Tang Soo Do Karate. Family members learn basic techniques, skill-building exercises, and drills for self-protection.

**Mondays** 6:30 – 7:30pm  
January 16 – February 27 (6 classes)  
(no class February 20)  
March 5 – April 23 (7 classes)  
(No class March 12)  
**Thursday** 6 – 7pm  
January 19 – March 1 (no class Feb 16)  
March 8 – April 26 (no class March 29)  
**Saturday** 3:15 – 4:15 (10 classes)  
January 14 – March 24  
(No class February 18)  
M: \$72 (6 classes) \$84 (7 classes)  
\$120 (10 classes)  
NM: \$90 (6 classes) \$105 (7 classes)  
\$150 (10 classes)

### Family Tree Yoga (12+ yrs)

Relax and release your muscles as a family. This class will let your family release tension in a positive environment.

**Sunday** 1 – 2pm  
January 15 – March 25 (10 classes)  
(no class Feb 19)  
M: \$112 (10 classes)  
NM: \$140 (10 classes)

