



*Formerly Family Leisure Centre*

*Active kids! Healthy families! Vibrant seniors!*

## Trico Centre Member Testimonials

My family and I have participated in the Trico Centre's programming for many years and have enjoyed their swimming classes, day camps and physical activity courses. Only recently, within the last year, have we become permanent members. We should have done it sooner!

The facility and equipment is well maintained and clean. The staff is courteous, knowledgeable and always willing to lend a hand. I particularly like seeing the diversity in population attending the weight room area and fitness classes, not to mention you never have to fight a large crowd for access to equipment. Thank you, Trico Centre, keep up the good work!

Karin R. Plamondon

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Connie's zestful, enthusiastic and bubbly personality gives me the impetus to come to class and to get through the challenges she sets us in class WITH a smile – or is it a grimace – on my face! She exudes a generous warmth and goes the extra mile to support us by sharing information and creating support groups, such as for the "weight loss challenge".

Connie's classes inject a hop, skip and jump into my day and her championing of me and others, brings out the best in me. Thanks Connie  
(Connie is a group fitness instructor and personal trainer at the Trico Centre).

Kerry Woodcock

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Breanna is a great personal trainer and coach! She was well prepared and always had a variety of exercises. I highly recommend her, she exceeded my expectations (Breanna is a personal trainer at the Trico Centre).

Todd Wilcox

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The Trico Centre offers great youth programs that promote active living. They also have many different classes that add variety to my workout.

Debbie Henes

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My husband did a lot of scouting around before we moved here and found this one close and it had everything that we needed. And once I started going, I stayed here because it has a family environment. One of the main reasons I stayed was because of the quality of childcare and knowing that the Trico centre was doing some renovations.

Nancy Wilson

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It is such a social thing, I've gotten to know so many people over the years. If you need any help the staff are always there to assist you. If you are not sure how to operate a machine or if you want to check that you are doing the exercise properly, they'll give me a hand.

Eldon Onia (member of the Trico Centre since it's inception in 1983)

## Trico Centre Corporate Testimonials

My frozen shoulder is improving quickly. My physiotherapist believes that it is the Yoga that is helping it and he takes his hat off to you Donna! Because I am taking yoga, I only have to go to physio once a week. That's quite a savings on the \$60 cost of a physio session. So, thank you for your good work (Donna is a group fitness instructor at the Trico Centre and teaches Yoga to the National Energy Board at their business location).

Marina Pederson  
National Energy Board

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## School Fitness Testimonials

Students really enjoyed the variety of exercises. They felt there was something to interest everybody...they also felt like they had a great workout when done.

J. Guterson  
E.P. Scarlett School

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I wanted to let you know that the older students had an AMAZING time today. We loved how they had sweat dripping off them by the end; they think Darlene is amazing (Darlene is a group fitness instructor and personal trainer at the Trico Centre).

Stephanie Rogers  
Green Learning Academy

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## Sport Training Testimonial

During the past year, the Monsignor J. S. Smith Hockey Canada Skills Academy has been conducting its dryland training sessions at Trico Centre. We have found it to be a wonderful addition to the program. Our students have benefited from the enthusiasm and knowledge of the training staff. The students were introduced to proper training techniques, and guided by Darlene's enthusiastic commitment to excellence, experienced a truly motivational program aimed at promoting an active, healthy, fit lifestyle.

Mark Macgillivray  
Monsignor J. S. Smith  
Hockey Canada Skills Academy