

DROP-IN GROUP FITNESS

Fall drop-in classes start September 1st

With over 50 free drop-in classes a week, there is something for every age, fitness and interest level. From Spin to Aqua Fit to beginner Yoga/Pilates to Cardio workouts, mix it up and keep your workouts interesting and effective.

Bike/Spin

Ready to spin? Try one of our unique X-bike classes such as Bike Endurance or Bike Interval or try our new spin class Spintensity. You can also take our combination Bike and Buff class which will give you the best of two worlds, spinning and resistance training.

Mind/Body

Get your mind and body on the same page. We offer a beginners Yoga and Pilates class to help all members get started on adding this amazing holistic activity to their fitness routines. See registered programs for intermediate and advance Yoga and Pilates. Beginner - see Drop-In Schedule online or on site. Int. to Adv. - See Registered fitness page 8.

Aquatic

Get fit with a water workout. The high resistance of water and low impact combination makes aqua classes ideal for many members. Try Aqua Boot Camp, Aqua Fitness, Aqua Therapy or our 55+ classes.

Step Aerobics

Calorie burning, aerobic conditioning, core and much more is involved in our step classes. A fun twist on these traditional classes to keep you moving. Step it up, Step Cardio and Core, Pump It Up, Cardio Explosion.

Muscle Conditioning

If working to the max is your thing, these classes are for you. Full body conditioning will give you the total workout and ensure you get the most for your time and effort. Fit & Fab, Circuit Training, Cardio Kickboxing, Bike and Buff.

**Drop in fitness schedules are available online at:
www.tricocentre.ca or at the Guest Services desk.**

**FREE FOR MEMBERS
NON MEMBERS CAN
DROP IN TO GROUP
FITNESS FOR ONLY
\$11/CLASS**



**New!!
Starting September
7th, 2010 Kids Korner
Childcare is open
evenings Mon-Thurs
from 5 pm – 7:30 pm.
(See page 4 for prices)**



**Massage for Health
and Laser Hair Removal Clinic**
has moved upstairs above the new arena

NEW Services

Traditional Chinese Medicine (Herbs, Nutrition and Acupuncture)

Vitamin B12 Injections

Facials (Organic & Natural Products)

www.massage4health.ca
403.225.0763