

DROP-IN GROUP FITNESS

FREE FOR MEMBERS

With over 60 free drop-in classes a week, there is something for every age, fitness and interest level. Some of our old favorites are back; along with some fresh, fun “now” classes. From Spin to Aqua Fit to Yoga to Cardio Kick-box, shake 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. We also offer spin classes, including Super Spin or one of our combination Bike and Buff classes.

Mind/Body

Get your mind and body on the same page. Our full line up of Pilates and Yoga will challenge your core, flexibility, strength and so much more. Basic & Advanced Yoga & Pilates, Pil-oga, Yoga Flow, Belly Fit or Fusion.

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

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, Band-Ball-Bosu and beginner Boot Camps.

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



COMING SOON: Trico Centre is building a new **OUTDOOR BOOT CAMP-CIRCUIT TRAINING CENTRE**. Stay tuned for completion dates and new outdoor programs.



Shannon Ferguson

Personal Trainer / Instructor

Shannon is an avid sports enthusiast who is keen to share her passion for fitness. As a competitive soccer player, she understands the importance of training for athletic sport performance and will give you a competitive edge in your sport. Shannon is also understanding of individual needs and is able to develop training programs to challenge every level of fitness, from beginner to advanced. She is knowledgeable, enthusiastic and motivating and loves the challenge of helping others accomplish their fitness goals.

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