

TAKING **FITNESS** TO ANOTHER LEVEL.

TOTEM FITNESS CENTRE HOURS

April 1- June 31

Monday to Friday 6 am – 10 pm

Saturday 7am – 9pm

Sunday 7am – 8pm

July 2 – August 31

Monday to Friday 6 am – 10 pm

Saturday 7am – 8pm

Sunday 7am – 8pm

Trico Centre has recruited the best instructors and trainers and developed a comprehensive range of programs and services to make us the top health and fitness destination in south Calgary.

Feel comfortable in our facility with our helpful and caring, service oriented staff. Shop and compare and you'll see that our membership, personal training and specialty fitness programs offer incredibly competitive rates and innovative, cutting edge options.

FACILITY

Our fully renovated and air conditioned facility includes:

- 13,500 square foot fitness centre with "state of the art" fitness equipment including free weights, cardio and strength training machines and separate change room facilities
- 3 lane running track with rubberized surface
- 2 fully equipped fitness studios that host a full spectrum of health and fitness classes
- Full size gymnasium for drop in sports, rentals, training and classes
- 2 NHL-sized arenas for hockey, figure skating and leisure skating at all levels
- Full aquatics facility including a wave pool and waterslide, hot tub, steam and fully equipped change rooms
- Several multi-purpose rooms to host classes, activities or meetings

PROGRAMS

Customized curriculum combined with a large variety of programs ensure there is something for beginners to advanced fitness needs, and exciting options for youth, adults, families and seniors.

We've expanded to include:

- Over 60 weekly drop-in fitness classes (FREE for members)
- Registered "Specialty Fitness" Classes
- Personal Training
- Small Group Training
- Fitness Program Design
- High Performance and Team Training
- Nutrition and Fitness Assessments
- Huge discounts for members on all fitness services

