

# MEMBERSHIPS

Effective April - August 2010



## Enjoy Our Newly Renovated Facility

In 2004 we added a brand new 13,500 square foot fitness centre packed with state of the art cardio and strength training equipment, a 3 lane running track and 2 fully equipped fitness studios hosting over 60 weekly drop-in group fitness classes. We have recently completed another renovation; adding a second arena, new wellness space, remodeled front entry with improved access, renovated change rooms, a new family change room, additional parking and food services vendor Jugo Juice.

**Members get FREE Access to our Fitness Centre, Aquatics Facility, Arenas and Gymnasium. Work out in our fitness centre, play in our large wave pool and waterslide facility, relax in our steam room or hot tub, go for a leisure skate in our arena or pick up a game of basketball in our gym – all under one roof! From children and students to adults, families and seniors, our recreational facility is designed to meet all of your active living needs.**

## WELCOMING & PROFESSIONAL

We work hard to make you feel welcome. Our fitness centre offers new member orientations, on-site fitness monitors, personal trainers, nutritionist and a large variety of group fitness classes (drop in and pre-registered) taught by qualified, enthusiastic professionals. With 27 years of experience in the community, you'll enjoy "active living" in a friendly and supportive atmosphere at Trico Centre.

## CONVENIENCE & VALUE

Located across from Southcentre Mall and the Anderson C-Train station, access to Trico Centre is convenient for everyone. The whole family can be active together or, you can drop the kids off for hockey or a swim and grab a quick workout on your own. If you have young children, you'll love the convenience of our on-site childcare facility as well as the discounts you'll receive on all registered children's programs. If you are looking for great rates you won't find better value anywhere in the city – especially if you live in one of the 29 communities that qualify for our 20% partnership discounts. If you have a family, Trico Centre pricing cannot be beat, with all children under 18 FREE with family memberships. **Community Partners Information See Page 37**

## INNOVATIVE & MOTIVATING

Zumba, TRX, Beat It, X-Bike, Super Spin, Yoga, Pilates, Belly Fit, Fusion, Step Aerobics, Pump it Up, Kickboxing, Boot Camps from Beginner to Hard-Core, Pre-Post Natal Fitness, Learn to Run, Aqua Fitness and more... something for every age, schedule, interest and fitness level. Cutting edge training programs include personal training, team training, high performance training for individuals and teams, fitness assessments, body composition analysis, nutrition counseling and weight loss programs.

**Fitness and Training Programs: See Pages 6-10**

## MEMBER BENEFITS

Complimentary fitness orientations to make sure you are comfortable with our cardio and strength training equipment and in our facility. 50% off Registered Group Fitness programs which offer more specialized and progressive fitness classes. 25 – 30% off Personal Training and Nutrition options. All other registered programs at 20% off (i.e. learn to skate, learn to swim, parent and tot classes, summer day camps, etc.). Members option to purchase an "Unlimited Use Childcare Pass." Free trials for friends, referral gifts, renewal bonuses.

MEMBERSHIP FEES	VALUE PRICE		COMMUNITY PARTNERS PRICE 20% OFF		CONTINUOUS PRICE MONTHLY PAYMENT	
	4 Month	12 Month	4 Month	12 Month	Value Price	Community Partners
Child (newborn to 11 yrs)	\$82	\$163	\$66	\$131	\$13.58	\$10.87
Teen (12 – 17 yrs)	\$144	\$288	\$115	\$230	\$24.00	\$19.20
Full Time Student (18 – 24 yrs) Student ID & Timetable Required	\$236	\$471	\$189	\$377	\$39.25	\$31.40
Adult (18-59 yrs)	\$304	\$608	\$243	\$486	\$50.67	\$40.53
Family / Adult Couple *children under 18 FREE	\$481	\$961	\$385	\$769	\$80.09	\$64.07
Senior (60+ yrs)	\$236	\$471	\$189	\$377	\$39.25	\$31.40
Senior Couple (60+)	\$341	\$681	\$273	\$545	\$56.75	\$45.40
<b>New member building fee: \$50 fee: Annual /Continuous Memberships \$25 fee: Four Month/Eight Month Upgrade Memberships</b>			COMMUNITY PARTNERS LIST: PAGE 37		1 Year Commitment \$24 Annual Admin Fee	