

# REGISTERED "SPECIALTY" FITNESS PROGRAMS

DROP IN TO REGISTERED CLASSES (SPACE PERMITTING) FOR \$8/CLASS FOR MEMBERS & \$14/CLASS FOR NON-MEMBERS.

## Zumba

Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term benefits while experiencing an absolute blast in an exhilarating hour of caloric-burning, body-energizing movements. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Tuesdays 6:15 – 7:15 pm

**April 13 – May 11 (5 classes)**

**May 18 – June 22 (6 classes)**

**July 6 – July 27 (4 classes)**

**Aug 3 – Aug 24 (4 classes)**

**Members Fee: \$24 (4 classes) \$30 (5 classes) & 36 (6 classes)**

Non Members Fee: \$48 (4 classes) \$60 (5 classes) \$72 (6 classes) Instructor: **Maya Campagnaro**

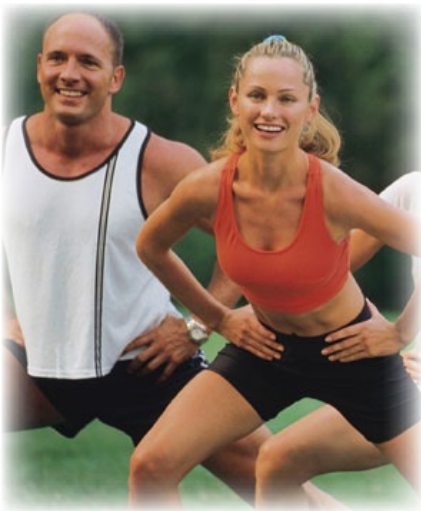
## Marathon & 1/2 Marathon Training

This new program is designed for EVERYONE wanting to simply get in shape or complete a half or full marathon. Goal races will be the Royal Victoria Marathon in Victoria, BC Oct 10th or the Long Beach Marathon in Long Beach, CA. Fitness Director Peder Lodoen has run the Long Beach half for 4 straight years and will assist with race arrangements. Thurs. classes include a 20 – 30 minute seminar followed by a technical run. Optional long runs on Sat. mornings.

Thursdays 7:00 – 8:00pm

**June 10 – Oct 7 (17 classes) Members**

**Fee: \$120 Non Members Fee: \$222**



## Hardcore Boot Camps

Hardcore Boot Camps are designed for those who are truly ready to work out and yes you might get yelled at (in a good way). This will be an athletic and military type work out pushing you harder than you thought you could go.

Mondays: 10:30 – 11:30 am or 6:15 – 7:15 pm

**April 12 – May 10 (5 classes)**

**May 17 – June 28 (5 classes)**

**(No class May 24)**

**July 5 – July 26 (4 classes)**

**Aug 9 – Aug 30 (4 classes)**

**Members Fee: \$24 (4 classes) \$30 (5 classes) Non Members Fee: \$24 (4 classes) \$60 (5 classes)**

Wednesdays 10:30 – 11:30 am or 6:15 – 7:15 pm

**April 14 – May 12 (5 classes)**

**May 19 – June 23 (6 classes)**

**July 7 – July 28 (4 classes)**

**Aug 4 – Aug 25 (4 classes)**

**Members Fee: \$24 (4 classes) \$30 (5 classes) \$36 (6 classes)**

Non Members Fee: \$48 (4 classes) \$60 (5 classes) \$72 (6 classes)

*Friday class will be added if needed. Please call Peder Lodoen at 403.225.5561 to express your interest.*

## Learn to Run

If you want to be a runner but are worried about injuries or not sure where to start, Learn to Run is for you. Our Learn to Run program will go over all aspects of running including teaching run/walk systems, distances, times, intervals, hills, nutrition and much more. Each Tuesday class will be a 20 – 30 minute seminar followed by a run. Partner up with a buddy or meet some new friends as you prepare to become a runner. Optional long runs on Saturday mornings.

Tuesdays 9:15 – 10:15am or 7:00 – 8:00 pm

**Apr 13 – June 22 (11 classes)**

**July 6 – Aug 31 (9 classes)**

**Members Fee: \$54 (9 classes) \$66 (11 classes) Non Members Fee: \$108 (9 classes) \$132 (11 classes) Instructor: Diane Thuna & Megan Federow**

## Lose it Challenge: Best Value!

RESULTS, RESULTS, RESULTS! This structured 4 month program will kick start your fitness and diet to get you into the best shape of your life. Program includes an initial Fitness Assessment and Body Composition Test, a comprehensive Diet Analysis and Nutrition plan, a personalized fitness program, plus 16 personal training sessions. Weekly Personal Training sessions will focus on increasing and improving your metabolism and fitness levels. Regular monthly nutrition follow-ups and a final assessment at the end of the program will show you the incredible results that occur when you live healthier. It's a great program, but more importantly, our enthusiastic and motivating leaders make sure that you get lots of support and have FUN as you make these incredible lifestyle changes. (You pick the date and times of all your sessions)

April - August

**Fee: Retail value of program \$1515**

**Members Fee: \$1300**

**Non Members Fee: \$1400**

## TRX

TRX is a suspension training system that has changed the fitness industry. This innovative training tool uses your own body weight to build total body strength, balance, flexibility and core stability for people of all fitness levels. You will have a blast and you will get the workout of your life.

Tuesdays: 7:00 – 8:00 am or 7:00 – 8:00 pm

**April 13 – May 11 (5 classes)**

**May 18 – June 22 (6 classes)**

**July 6 – July 27 (4 classes)**

**Aug 3 – Aug 24 (4 classes)**

Thursdays: 7:00 – 8:00 am or 7:00 – 8:00 pm

**April 15 – May 13 (5 classes)**

**May 20 – June 24 (6 classes)**

**July 8 – July 29 (4 classes)**

**Aug 5 – Aug 26 (4 classes)**

**Members Fee: \$24 (4 classes) \$30 (5 classes) \$36 (6 classes)**

Non Members Fee: \$48 (4 classes) \$60 (5 classes) \$72 (6 classes)

Instructor: **Erika Olsvik & Peder Lodoen**

**Also being offered:**

**Spintensity, Move It Baby, Crossfit, Intermediate & Advanced Yoga + Pilates.** For dates and sessions visit Guest Services or check our website at: [www.tricocentre.ca](http://www.tricocentre.ca)