



Formerly Family Leisure Centre



Active kids! Healthy families! Vibrant seniors!

Top 10 Reasons to Join Trico Centre

1. Friendly, welcoming fitness centre...we work hard to make you comfortable. Free fitness centre orientations teach you how to use our equipment and on-site fitness monitors will answer questions and assist. At Trico Centre you'll enjoy a welcoming, professional, and relaxed work out.

2. Great prices...plus an additional 20% off for community partners and corporate members. Membership includes free access to our large fitness centre, 3 lane running track, access to over 60 group fitness classes weekly, a large wave pool and waterslide facility, hot tub, sauna, steam areas, arena and gymnasium... priced comparable to a fitness only membership.

3. Twenty-seven years in the community...our longstanding service to the residents of South Calgary and established reputation in the our industry has made us your neighbourhood recreation centre of choice.

4. Incredible group fitness...over 60 weekly classes offered—a variety of times and all sorts of options—all included. NEW...members can pre-register for a programs and pay only a nominal commitment fee. (savings of up to 50% off non-member prices). Move it, Work it, Express it, Pump it, Bike it, Balance it—from Boot camp to 30 minute workouts, to Pilates, Yoga, or Step—we offer it!

5. Easy trial... as a member, you'll receive a one week trial to pass along to a friend or our reasonable drop-in prices encourage members to invite friends for a workout without having to go through a high pressure sales presentation. Flexible options such as 1 month, 4 month, annual or a continuous monthly option which allows you to pay every month for easier budgeting.

6. Kids are free... (under 18 years of age) with all family memberships. While other clubs restrict facility access to patrons 17 years+, we are happy to open our Fitness Centre doors to children of all ages, with teens 12 + welcomed into our fitness centre.

7. Unlimited childcare pass... is available for members at very reasonable prices if you have young children and want to stay active. Or, you can opt for our hourly drop-in rates. Either way, our members are always bragging about the quality of care that their children receive in our childcare facility.

8. No high pressure sales...we're happy to educate you about our membership fees: in person, on-line or by phone. We don't insist that you come in for a tour to get this information although if you do, you will be impressed. Priced at around \$9.35 / week for adults and \$14.80 week for the entire family, getting fit costs less than a night at the movies.

9. Exceptional member benefits... including 20% off registered programs, 24 hour priority registration, free one week trials for friends, 50% off registered fitness programs, 25-30% off personal training and nutrition and weight loss options, referral bonus' and renewal discounts.

10. New improvements...TRICO CENTRE can boast twin arenas, expanded and increased parking space, remodeled front entrance with wheel chair accessibility, new family change rooms, and remodeled men and women's change rooms with easier access to our aquatics facility. Not to mention the arrival of our new tenant Jugo Juice and over 7,000 square feet of tenant space for lease to health and wellness professionals.