

Trico Centre Information for Community Bulletin Boards, Community Association Board Meetings, Community Association Websites

January, February 2018

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. At Trico Centre, you can work out in the fitness centre, use the gymnasium, swim, or skate, plus we have fun, active programs for all ages. Check the Program Guide or www.tricocentre.ca for more information on any of the activities and events listed below. Check the Program Guide or www.tricocentre.ca for more details.

Adults and Older Adults

- Registered programs are running in January and February include Balance Builders, Bone and Balance, and Chair Yoga and continue until March
- Drop In Fitness options for older adults: there are many options on the drop-in schedule that are specifically geared for older adults and a great way to connect with other seniors.
- Registered fitness programs started in January includes Ballet Barre Blast and Cardio Dance
- Drop in fitness includes spin, zumba, yoga and more
- Our 40-Day Get Results Challenge starts on February 1st and runs until March 12th. There will be prizes and fitness challenges every day. Participants get a t-shirt if they make it to day 20.
- New morning aqua classes starting in January have started!

A graphic for the #TRICOTOUGH challenge. It features a red heart with a barbell on top, a scale, and a dumbbell. The text says "#TRICOTOUGH 40 DAYS - GET FIT - GET RESULTS". Below this, it says "WE CHALLENGE YOU TO TAKE YOUR FITNESS REGIME TO A NEW LEVEL." and "HOW IT WORKS:" followed by four numbered steps. It also lists "WHAT YOU COULD WIN:" including a limited edition t-shirt. A small image of a black t-shirt with the Trico Centre logo is shown at the bottom left.

#TRICOTOUGH
40 DAYS - GET FIT - GET RESULTS

WE CHALLENGE YOU TO TAKE YOUR FITNESS REGIME TO A NEW LEVEL.

Show up every day for 40 days and workout for a minimum of 30 minutes. You can choose whatever type of exercise works for you (for example: strength training, cardio machine, or an instructor-led class such as group fitness, Zumba®, yoga or aqua).

Every week for the first 4 weeks you will have an opportunity to earn one day off (you can choose any day in your 40 days). To earn these days off you will need to complete a simple and fun challenge that will be posted on the Challenge Board.

HOW IT WORKS:

1. Register at Guest Services.
2. Add your name to our Challenge Chart on the wall to keep track of your days.
3. Check in at the Fitness Centre Desk and sign your name in the challenge binder at the start of your workout. Get your sticker for your chart at the end of your workout.
4. Check in with the Fitness Monitor or see the Challenge Board to find out the challenge of the week.

WHAT YOU COULD WIN:

MAKE IT TO DAY 40......and you qualify to enter the draw for 12 months of free pass fees.

MAKE IT TO DAY 30......and you qualify to enter the draw for Three Personal Training Sessions.

MAKE IT TO DAY 20......and get the super cool #TRICOTOUGH limited edition Challenge T-Shirt.

AND MANY MORE PRIZES!

A graphic for Registered Fitness Classes. It features a red and blue logo for Trico Centre. The text says "REGISTERED FITNESS CLASSES" and "ADD SOME GROOVE TO YOUR WORKOUT REGIME". It lists "CARDIO DANCE WEDNESDAYS 7PM SATURDAYS 10:30AM", "MOMMY AND ME FITNESS MONDAYS, THURSDAYS, SUNDAYS", and "CHAIR YOGA WEDNESDAYS AND FRIDAYS 12:00PM". It also includes "NEW PASSHOLDER ORIENTATION ASK US FOR DETAILS".

REGISTERED FITNESS CLASSES

ADD SOME GROOVE TO YOUR WORKOUT REGIME

CARDIO DANCE
WEDNESDAYS 7PM
SATURDAYS 10:30AM

GET IN SHAPE WHILE WITH YOUR BABY

MOMMY AND ME FITNESS
MONDAYS, THURSDAYS, SUNDAYS

ALL THE BENEFITS OF YOGA, IN A CHAIR

CHAIR YOGA
WEDNESDAYS AND FRIDAYS
12:00PM

NOT SURE WHERE TO BEGIN?

NEW PASSHOLDER ORIENTATION
ASK US FOR DETAILS

Children & Youth

- Registered WINTER programs for Parent & Tot have started in January (Busy Bodies, Bubble Buddies, Messy Masterpiece, Nursery Rhymes & Storytime, Dance with Me, Gym Babies, Gym Tots, Mini Movers, Sportball) Preschool (A.B.L.E, ABC – 123, First Steps, Next steps, Funky Fridays, Kangaroos and Krocodiles, Trico Active Kids, YogArt, Bricks 4 Kids: Little Builders and many more) Children (Just for Girls, The Etiquette Factory, Try it Tuesdays, Young Rembrants, Circus Arts, Karate and Dancepl3y) and Youth (Sportsball and HIT the Gym)
- We are promoting Bricks 4 Kids to get more registrations
- January Crash Swim Lessons ran through January break – January 2-5

Special Events and Initiatives

- Trico's 35th Anniversary Special – January 25th – We opened our doors this day, 35 years ago. 35% off admissions this day. May 26th big event.
- Funderful Event is taking place on Monday, February 19 from 10am – 2pm.

Continuous Monthly Passes Benefits

Affordable monthly continuous passes give you full access to fitness centre, over 70 drop-in classes, 20% off all registered classes and personal training, an aquatics centre with wave pool, slide, hot tub and steam room, two NHL sized arenas hosting shinny hockey, stick and puck, leisure skating, and drop-in gymnasium activities.

Partner Sharing Program Benefit - Your Community Association is partnered with Trico Centre for Family Wellness. A member of your community association serves on the Board of Directors of Trico Centre. Buy a Continuous Monthly Pass and a small portion goes back into your community association!