

# SENIORS DAY

Monday, August 30th, 2021 | 9:00am - 12:00pm

**Join us for a morning of events for older adults!**

\$5 Admission, includes coffee, tea, snacks, admission to the pool, strength test, instruction sessions, and demos of our most popular older adult classes!

**No sign-up required.**

TIME	EVENT	
9:00-12:00pm	Obstacle Course	Coffee / Tea
	TRX Sessions	Snacks / Treats
	Strength Test Station	

## CLASS DEMOS

TIME	EVENT	LOCATION
9:00-9:15am	Balance Builders	Studio #1
9:30-9:50am	Fit n' Fab	Studio #1
9:40-10:00am	Chair Yoga	Studio #2
10:00-10:15am	Balance Builders	Studio #1
10:30-10:50am	Fit n' Fab	Studio #1
10:40-11:00am	Chair Yoga	Studio #2

## HOW-TO SESSIONS

TIME	EVENT
9:00-9:20am	Strengthen your upper body with fitness equipment
9:30-9:50am	Strengthen your lower body with fitness equipment
10:00-10:20am	Learn how to use free weights
10:30-10:50am	Learn to use cardiovascular machines (treadmills, skill mill, elliptical, Jacobs ladder)
11:00-11:20am	Low impact cardio intervals for best results!
11:30-11:50am	Learn how to work your core standing or sitting only (abdominals and back)

## AQUATICS

TIME	EVENT
9:30-10:10am	Aquasize
10:00-11:30am	Open Swim

# Healthy Mind, Healthy Body EXERCISE!

It's never too late start.

Affordable Memberships  
Drop-in Classes  
Registered Programs  
Aquasize  
Personal Training



ONLINE: [WWW.TRICOCENTRE.CA](http://WWW.TRICOCENTRE.CA)

PHONE: 403-278-7542

# BECOME A MEMBER TODAY!

## Best deal around! Trico Centre's senior pricing begins at 60 years old!

At Trico Centre we believe that opportunities to be active and healthy should be affordable.

The benefits of being a member are many, including unlimited access to our Fitness Centre and access to drop-in fitness classes, access to the Aquatics Centre with hot tub, steam room, wave pool and slide, two NHL-sized arenas, access to drop-in gym, and 20% off registered programs, and personal training.

## MEMBERSHIP FEES

Adult (18 - 59 years old)	\$67.75/month	Adult Couple (18 - 59 years old)	\$109.25/month
60 Plus (60+ years old)	\$49.75/month	60 Plus Couple (60+ years old)	\$77.00/month

## DROP-IN CLASSES FOR OLDER ADULTS



### GENTLE FIT 55+

An active, social class designed to enhance your cardiovascular/respiratory systems, improve bone density and develop your balance. This class uses chairs rather than mats for many strengthening/stretching exercises.



### FIT N' FAB

A gentle aerobic and muscle conditioning class designed with the older adult in mind. Improve balance, aerobic endurance, flexibility and muscle tone.



### YOGA - YIN/RESTORE & MORE

Gentle holds focusing on supporting the connective tissue and joints while opening the hips, back, and shoulders. Supported poses using props such as bolsters, and blocks allow the body to relax, open and renew.

## FALL REGISTERED OLDER ADULT PROGRAMS

**Tuesdays & Thursdays**  
Sept 7 - Oct 28  
1:30-2:15pm  
Code: F21-705  
\$104 / 16 Classes

### BALANCE BUILDERS: FALL PREVENTION PROGRAM FOR OLDER ADULTS (65+ YRS)

In partnership with Alberta Health Services, this program is designed to prevent falls and help you improve balance, stay strong, and maintain independence. Participants are assessed and monitored. Participants must attend at least 75% or 6 out of 8 classes per month.

**Mondays or Wednesdays**  
Sept 8 - Oct 27  
1:00-2:00pm  
Code: 5012 (W)  
\$100 / 8 Classes  
Code: 5014 (M)  
\$75 / 6 Classes

### CHAIR YOGA

Have you hesitated to try yoga because it's challenging to get down on the floor? Now a chair becomes your mat. Just about any pose that can be done standing, sitting, or lying on a mat can be adapted to sitting in a chair. Class includes breathing, meditation, stretching, strengthening, and lots of fun!

**Wednesdays**  
Sept 8 - Oct 27  
1:00-2:00pm  
Code: F21-707  
\$100 / 8 Classes

### BONES AND BALANCE

Move through life with spontaneity and confidence! Learn techniques and exercises to improve balance and safely build dense, strong bones - particularly around the wrists, hips, and spine - even if you've already been diagnosed with osteopenia/osteoporosis.

**Tuesdays**  
Sept 7 - Sept 28  
1:00-2:00pm  
Code: 5044  
\$50 / 4 Classes

### YOGA FOR HEALTHY HIPS & KNEES

Healthy knees and hips enhance ease of movement and enjoyment of life. Learn functional exercises to regain control over, and strength in, these important structures.

**Tuesdays**  
Oct 5 - Oct 26  
1:00-2:00pm  
Code: 5046  
\$50 / 4 Classes

### YOGA FOR STABLE, MOBILE SHOULDERS

Build stronger, more mobile shoulders through gentle exercises focused on stability and healthy shoulder mechanics.

REGISTER ONLINE AT [WWW.TRICOCENTRE.CA](http://WWW.TRICOCENTRE.CA) OR BY PHONE: 403.278.7542