

Trico Centre for Family Wellness Community Report

Please help us share some or all of the below information by posting in your community association website, newsletters and social media platforms. Simply copy and paste the images in this document.

What's happening at Trico for January?



LIVE LIFE
love
FITNESS

40 Day Fitness Challenge
February 3rd - March 13th

**Join us for our annual
40 day fitness challenge!**

Make it to the gym everyday
(don't worry, you can earn a couple days "off") and
be entered to win **12 months free, a FitBit Charge 3,
free personal training sessions and more!**

Free for members!
Not a member? Join the challenge with
our fitness challenge pass (\$99)

MORE INFO AT THE FITNESS DESK



TRICO CENTRE
FOR FAMILY WELLNESS



 **TRICO CENTRE**
FOR FAMILY WELLNESS

SCHOOL BREAK

DAILY CAMPS (FULL OR HALF)
TEACHER'S CONVENTION & SPRING BREAK

REGISTERED CAMPS
SPRING BREAK - AQUA ADVENTURES & SPRING BREAKERS

SPRING BREAK SWIM LESSONS
ALL LEVELS - 5 CLASSES - MARCH 23-27

REGISTER TODAY! WWW.TRICOCENTRE.CA



THE PERFECT PLACE TO START

without a commitment

10 VISIT PASSES AVAILABLE

CHILD/TEEN | ADULT | 60 PLUS | FAMILY

www.tricocentre.ca



Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. We offer something for everybody, from working out in our fitness centre, various gym activities, swimming, skating and programs for all ages. You can find more information on all of our activities at

www.tricocentre.ca.

For more information or inquiries please contact:

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