



Tri-City Medical Center

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Tri-City Wellness Center in Carlsbad Scores a Hat Trick, Named "BEST GYM in San Diego County" Three Years Running

Carlsbad – Tri-City Wellness Center in Carlsbad is the best gym in San Diego County, according to viewers of local TV station 10 News. This is the third year in a row the state-of-the-art fitness and health center has topped the 10News.com's A List Awards - an impressive distinction considering the facility is just three years old. Over 138,000 votes determined the winners in the contest.

The 3,600-member Wellness Center offers the only health and fitness experience of its kind in the region. A 58,000 square foot, fully-integrated health and fitness building sets the stage for a comprehensive, medically-integrated environment focused on club members' total well-being, ranging from day-to-day health maintenance to sports performance training to cardiac and physical rehabilitation.



"When I started here I was using crutches and a cane and since I've been coming to Tri-City Wellness Center I am no longer using either. My mobility has skyrocketed!" said Monica Perez, a regular at the gym.

"Members like us because they know they can trust us to help them get and attain the good health they desire in an environment that is as aesthetically appealing as it is functional," explained Don Jones, Ph.D., Wellness Center manager. "We are their partner in good health."

The gym offers a variety of traditional fitness and wellness programs as well as medically-integrated programming. It features state-of-the-art fitness equipment and employs only degreed and certified fitness specialists, dietitians and health educators. The full menu of services includes:

- Weight training equipment
- Resistance training equipment
- 100's of classes each month – most free
- Cardiovascular training equipment
- Three saline pools
- Cushioned indoor walk/jog track
- Yoga studio with Zen Garden
- Individualized personal training

- Massage therapy
- Aesthetician on staff
- Healthy cafe
- Corporate packages and discounts available
- Executive style locker rooms with whirlpools and saunas

To schedule a tour or for more information call: 760-931-3171. Tri-City Wellness Center is located at 6250 El Camino Real, Carlsbad.
www.tricitywellness.com.

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