

TRIANGLE ROCK CLUB

CLIMBING, FITNESS & YOGA

ADULT OFFERINGS & PROGRAMS



Experience **North Carolina's premiere indoor climbing and fitness centers** with Triangle Rock Club! Our state-of-the-art facilities offer both lead and top rope climbing, bouldering, fitness classes, yoga, Pilates and various programs for all ages and skill levels in safe, professional, and fun environments. Come experience our brand of adventure-fueled fitness!



FITNESS FOR AN ADVENTURE-FUELED LIFESTYLE

TRC Morrisville
919.463.7625(ROCK)
102 Pheasant Wood Ct.
Morrisville, NC
27560

TRC North Raleigh
919.803.5534
6022 Duraleigh Rd.
Raleigh, NC
27612

TRC Fayetteville
910.868.7625 (ROCK)
5213 Raeford Rd # 103,
Fayetteville, NC
28304

CLIMBING CLASSES



Intro to Climbing

Our *Intro to Climbing* class is the best place to learn the ropes to rock climbing! The two-hour course provides a comprehensive introduction to safe climbing and Triangle Rock Club. As a part of the safe climbing component, we teach proper top rope belay technique, how to use harnesses and how to tie a figure-8-follow-through knot. After completing the class, most participants pass our Top Rope Belay Check. All equipment is provided, and all participants receive a one-week pass with free rental gear!

- ▶ FREE FOR MEMBERS | \$50/NON-MEMBERS
- ▶ AGES 12+
- ▶ PRE-REGISTRATION REQUIRED; VISIT WEBSITE FOR REGISTRATION & CLASS DATES

Progressions

Our one-hour Progressions Class picks up where *Intro to Climbing* leaves off and provides a broader overview of basic climbing concepts and an introduction to bouldering. Participants learn about climbing grades, shoe technology, basic movement techniques, and bouldering/spotting safety. Reservations are required, *Progressions* classes fill up quickly!

- ▶ FREE FOR MEMBERS | \$25/NON-MEMBERS
- ▶ AGES 12+
- ▶ PRE-REGISTRATION REQUIRED; VISIT WEBSITE FOR REGISTRATION & CLASS DATES

Above the Bolt

Above the Bolt comes after you have successfully completed our *Intro to Climbing* and *Progressions* classes, and we recommend participants are comfortable climbing a 5.7 on top rope. The two-hour course covers the intricacies of lead climbing, including clipping quick-draws correctly, safe belaying, efficient energy conservation and how to safely take a lead fall. Strong emphasis is placed on efficiency and risk management.

- ▶ \$40 FOR MEMBERS | \$50/NON-MEMBERS
- ▶ AGES 12+
- ▶ PREREQUISITE: TOP ROPE BELAY CHECK, COMFORTABLE CLIMBING A 5.7
- ▶ PRE-REGISTRATION REQUIRED; VISIT WEBSITE FOR REGISTRATION & CLASS DATES



Women on the Wall

Calling all ladies! *Women on the Wall* classes offer a supportive environment that allows you to thrive while learning everything there is to know about climbing! No previous experience is necessary, but pre-registration is required to save your spot!

- ▶ FREE FOR MEMBERS | \$25/NON-MEMBERS
- ▶ AGES 12+
- ▶ PRE-REGISTRATION REQUIRED; VISIT WEBSITE FOR REGISTRATION & CLASS DATES

Climbing Clinics

Take your climbing skills to the next level with our FREE Member Climbing Clinics! We offer a variety of clinics each month, but every event is geared toward strengthening your abilities and moving you upward in your climbing career!

- ▶ VISIT TRIANGLEROCKCLUB.COM/CLASSES/CLIMBING-CLINICS TO SEE WHAT'S COMING UP AND TO LEARN MORE!

GROUP VISITS

Group and Teambuilding

Hoping to bring a group of six or more climbers to Triangle Rock Club? Our Group Visits not only save on upfront costs, but they also provide you with the best TRC experience possible! Whether you're looking to build camaraderie among your colleagues, host a corporate meeting, or want to bring a group of friends in for a fun afternoon of climbing, we've got you covered!

We are happy to work with you to create a customized package to best suit your group's needs. **To learn more about our Group Visit offerings, visit TriangleRockClub.com/Group-Climbing!**

- ▶ PACKAGES AND PRICING VARIES DEPENDING ON NUMBER OF PARTICIPANTS, VISIT DATES AND TIMES, DESIRED ACTIVITIES AND MORE
- ▶ TWO WEEKS NOTICE REQUIRED
- ▶ EMAIL PROGRAMS@TRIANGLEROCKCLUB.COM TO BEGIN CUSTOMIZING YOUR NEXT GROUP VISIT TODAY!

TRC FITNESS

At TRC, our mission is to transform and enhance the lives of others by enthusiastically sharing our passion for climbing and fitness with others. We want to see lives shaped into something better because of experiences found through our facilities, and **we believe this reshaping can be done through climbing and fitness.**

A fitness-focused, adventure-fueled life should not be left behind at our facilities when someone finishes their climb session or fitness class. Instead, we want TRC to be the springboard that launches our community members into pursuing lifestyles filled with fitness-focused adventuring.

TRC's facilities foster environments that motivate individuals to reach their goals, and we believe we have a unique opportunity to inspire our members and guests to push beyond their limits to achieve their best potential within all aspects of their lives - be it within their workplace, their families, their fitness goals or their overall dreams for adventure!

STRENGTH & ENDURANCE

Whether you are just starting out on your journey to a healthier lifestyle, or are hoping to take your strength and endurance training to the next level, TRC offers an assortment of fitness classes to help you reach your goals! From HIIT and bootcamp style, to circuits and functional-fitness training, we want to help you reach your highest potential through our various classes and offerings!

To view all of our Strength & Endurance class descriptions, visit our website at TriangleRockClub.com/Class-Descriptions and be sure to check back frequently as we are always adding new options and modifying our offerings!

- ▶ FREE FOR MEMBERS, DAY PASS REQUIRED FOR NON-MEMBERS
- ▶ PRE-REGISTRATION FOR CLASSES IS ENCOURAGED; VISIT TRIANGLEROCKCLUB.COM/FITNESSYOGA FOR FACILITY CALENDARS & TO SIGN UP!

YOGA & PILATES

From increasing flexibility and strength to managing stress, the benefits of yoga and Pilates are widespread... especially for climbers! Both yoga and Pilates work to develop balance, build strength, help with agility, increase speed and encourage muscle development.

TRC offers classes for practicers of all levels - whether you're brand new or a longtime participant, TRC Yoga and Pilates provides everyone the opportunity to deepen their practice and increase their strength!

To learn more about our Yoga & Pilates offerings, visit our website at TriangleRockClub.com/Class-Descriptions!

- ▶ FREE FOR MEMBERS, DAY PASS REQUIRED FOR NON-MEMBERS
- ▶ PRE-REGISTRATION FOR CLASSES IS ENCOURAGED; VISIT TRIANGLEROCKCLUB.COM/FITNESSYOGA FOR FACILITY CALENDARS & TO SIGN UP!

To find out more about TRC Fitness or to view individual facility calendars, check out TriangleRockClub.com/FitnessYoga!

GET CONNECTED

ADULT CLIMBING LEAGUE

Looking to meet others in our climbing community, or for an excuse for some friendly competition? Our Adult Climbing Leagues are tons of fun, low-key and give you the perfect opportunity to spend a weekday evening on our walls! Sign up as a team or as an individual (we'll make sure you're placed in an awesome group of people!) and get ready for six-weeks of climbing fun!

We typically host two leagues each year: one Top Roping and one Bouldering. Each league is six weeks long, and we only count the scores from the top five weeks (meaning if something comes up and you cannot climb for a week, your overall score won't be affected!).

- ▶ \$15/MEMBERS | \$25/NON-MEMBERS
- ▶ TO LEARN MORE VISIT TRIANGLEROCKCLUB.COM/ADULTLEAGUE



TRC MEETUPS

If you're new to the TRC community or are hoping to meet others with shared passions for climbing and fitness, our TRC Meetups are the way to go! Each month, we offer a handful of activities (both climbing and fitness focused!) that are sure to help you dive into our community and get connected quickly!

TRC CLIMBING MEETUP

Sign up at TRCMeetup.com
Whether you've never tried rock climbing, just recently started climbing, or are a seasoned climbing veteran, TRC's Climbing Meetup is the group for you! Our goals are to grow a community of people with a passion for rock climbing and to create unique, shared experiences on the indoor walls at the Triangle Rock Club. We organize climbing events at TRC, unique social outings, skills and equipment demos, and inside peeks into what's going on at TRC... we might even throw in a crazy game of dodgeball just to switch things up a bit!

TRC FITNESS MEETUP

Sign up at TRCFitMeetup.com!
While TRC offers tons of fitness, yoga and Pilates classes, our **TRC Fitness Meetup** gives you the chance to take your fitness-related activities to the next level - all while helping you meet new people and grow your community! Each month, we organize a handful of fitness-focused events, including early morning boot camps and yoga, local trail runs, Umstead hikes and more. We make sure to schedule events at various times throughout the week, to make sure everyone has an opportunity to join in on the fun and get involved!

Named "Small Business of the Year" by the U.S. Chamber of Commerce in 2015

Voted "Best Climbing Gym in NC" - Endurance Magazine

ABOUT

Triangle Rock Club provides state-of-the-art climbing facilities, fitness, instruction, and programs for beginner to world-class climbers alike in safe, professional, and fun environments!

With rave reviews from our customers and the local climbing community, we hope you'll stop by, take a tour, and find out more about who we are!

FACILITY FEATURES

- ▶ Over 47,000 square feet of climbing walls across three facilities
- ▶ 4,300+ square ft. of 16 ft. high bouldering terrain (North Raleigh)
- ▶ 3,000 square ft. of 14 ft. high, freestanding boulder and 14 ft. top-out boulder (Morrisville)
- ▶ TRC-Fitness, Yoga & Pilates Classes (free for Members!)
- ▶ 55-foot climbing walls - tallest in the nearest five states! (Morrisville)
- ▶ Huge, radical, lead climbing cave (Morrisville)
- ▶ 30 ft. free-standing pillar (North Raleigh)
- ▶ 8,400 square feet of functional fitness space (North Raleigh)
- ▶ Cardio, Strength & Functional Fitness Equipment (both MV & NR)
- ▶ Private party and conference rooms
- ▶ Collaborative workspace with community tables (North Raleigh)
- ▶ Gear shop and climbers' lounges equipped with HDTV and Wi-Fi
- ▶ Fully heated and air-conditioned
- ▶ Hundreds of climbing routes and boulder problems
- ▶ Multiple TruBlue Auto Belays in all facilities

Hours of Operation

Monday-Thursday: 5:30 AM - 11:00 PM
Friday: 5:30 AM - 10:00 PM
Saturday: 9:00 AM - 10:00 PM
Sunday: 9:00 AM - 6:00 PM

Contact Us

TRC Morrisville: 919.463.7625 (ROCK)
TRC North Raleigh: 919.803.5534
TRC Fayetteville: 910.868.7625 (ROCK)



Stay Connected

[Facebook.com/IndoorClimbing](https://www.facebook.com/IndoorClimbing)

[Instagram: Climb_TRC](https://www.instagram.com/Climb_TRC)

[Twitter: ClimbingTRC](https://twitter.com/ClimbingTRC)



PRICING

Admission

▶ ADULT	\$19
▶ KIDS (11 & UNDER)	\$12
▶ COLLEGE STUDENT (WITH ID)*	\$12
<small>*PRICE VALID MONDAYS - THURSDAYS FROM 9 PM - 11 PM WITH A VALID COLLEGE I.D.</small>	
▶ 10 VISIT PUNCH CARD (ADULTS)	\$165
▶ 10 VISIT PUNCH CARD (KIDS)	\$100

Rental Equipment

▶ HARNESS RENTAL	\$5
▶ SHOE RENTAL	\$5
▶ BELAY DEVICE & CARABINEER	\$2

MEMBERSHIP RATES

Individual

- ▶ \$75/MONTH, INITIATION FEE: \$75

Additional Family Members

- ▶ 2ND MEMBER: \$49/MONTH, NO INITIATION FEE
- ▶ ADDITIONAL MEMBERS: \$20/MONTH, NO INITIATION FEE

Membership Perks & Benefits

- ▶ Unlimited access to all of our climbing and fitness facilities during regular hours
- ▶ Free Fitness, Yoga & Pilates classes!
- ▶ Free climbing and fitness clinics
- ▶ No minimum contract or commitment; remain a member for 1 month, 6 months or life!
- ▶ First-time guests climb free when with a member, rental gear included (limit one guest per member, per visit)
- ▶ All new members receive FREE rental gear for their first 30 days of membership
- ▶ Awesome quarterly Member Appreciation Events
- ▶ 10% discount in the TRC gear shop
- ▶ Special rates on climbing classes, instruction, competitions, and outdoor guiding
- ▶ Unlimited month-to-month membership freeze/thaw (small monthly fee required)
- ▶ ... and more!