



Grande Cache Recreation Centre

# OCTOBER FITNESS PROGRAMS

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4 <input type="checkbox"/> <b>Body By Nature</b> 5:00 - 6:00 pm (meet at Recreation Centre)	5 <input type="checkbox"/> <b>Lunch Swim (16+)</b> 12:00 - 1:00 pm  <input type="checkbox"/> <b>Tails &amp; Trails</b> 10:30 - 11:30 am (meet at Recreation Centre)	6	7 <input type="checkbox"/> <b>Energy Refresher (18+)</b> <b>Grande Mountain</b> Starts @ 5:00 pm (meet at cemetery)  <input type="checkbox"/> <b>Stretch in Motion (16+)</b> <b>(Virtual Class)</b> 1:00 - 2:00 pm	8	9
10	11 <input type="checkbox"/> <b>Body By Nature</b> 5:00 - 6:00 pm (meet at Recreation Centre)	12 <input type="checkbox"/> <b>Lunch Swim (16+)</b> 12:00 - 1:00 pm  <input type="checkbox"/> <b>Tails &amp; Trails</b> 10:30 - 11:30 am (meet at Recreation Centre)	13	14 <input type="checkbox"/> <b>Energy Refresher (18+)</b> <b>Grande Mountain</b> Starts @ 5:00 pm (meet at cemetery)  <input type="checkbox"/> <b>Stretch in Motion (16+)</b> <b>(Virtual Class)</b> 1:00 - 2:00 pm	15	16 <input type="checkbox"/> <b>Metal Hikers</b> 9:00 am
17	18 <input type="checkbox"/> <b>Body By Nature</b> 5:00 - 6:00 pm (meet at Recreation Centre)	19 <input type="checkbox"/> <b>Lunch Swim (16+)</b> 12:00 - 1:00 pm  <input type="checkbox"/> <b>Tails &amp; Trails</b> 10:30 - 11:30 am (meet at Recreation Centre)	20	21 <input type="checkbox"/> <b>Energy Refresher (18+)</b> <b>Grande Mountain</b> Starts @ 5:00 pm (meet at cemetery)  <input type="checkbox"/> <b>Stretch in Motion (16+)</b> <b>(Virtual Class)</b> 1:00 - 2:00 pm	22	23 <input type="checkbox"/> <b>Metal Hikers</b> 9:00 am
24	25 <input type="checkbox"/> <b>Body By Nature</b> 5:00 - 6:00 pm (meet at Recreation Centre)	26 <input type="checkbox"/> <b>Lunch Swim (16+)</b> 12:00 - 1:00 pm  <input type="checkbox"/> <b>Tails &amp; Trails</b> 10:30 - 11:30 am (meet at Recreation Centre)	27	28 <input type="checkbox"/> <b>Energy Refresher (18+)</b> <b>Grande Mountain</b> Starts @ 5:00 pm (meet at cemetery)  <input type="checkbox"/> <b>Stretch in Motion (16+)</b> <b>(Virtual Class)</b> 1:00 - 2:00 pm	29	30 <input type="checkbox"/> <b>Metal Hikers</b> 9:00 am
31						

**WAYS TO REGISTER:**

1. **Online:** <https://app.booking.ca/grandecachereccentrepub/index.asp>
2. **By Phone:** 780-827-2446
3. **In Person** at the Grande Cache Recreation Centre

**FOR MORE INFORMATION:**

**Phone:** 780-827-2446  
**Facebook:** Grande Cache Recreation Centre  
**Website:** [www.grandecache.ca](http://www.grandecache.ca)

NOTE: All programs subject to change.

## OCTOBER FITNESS PROGRAMS

### METAL HIKERS FALL 2021

**AGES:** 16+

**WHEN:** Saturdays, October 16 - November 27

**TIME:** 9 am start (average hike 1.5 hours)

**COST:** \$35

Come on an adventure with a strong group of hikers. You must register for this group BEFORE noon on Friday, October 15. A group text will be given out Friday night to reveal the mystery hike location. The group will be discussing which mountain they will be summiting this fall and setting a date (either a Sunday or Saturday).

Saturday, October 16 we will be meeting in the Recreation Centre parking lot.

### LUNCH SWIM

**AGES:** 16+

**WHEN:** Tuesdays

**TIME:** 12:00 - 1:00 pm

**COST:** Facility rates apply

Come swim with a group that likes to swim during your lunch break. There will be a workout every Tuesday for us to follow. Please note that this is not an instructor led class.

### TAILS & TRAILS

**AGES:** 16+

**WHEN:** Tuesdays 10:30-11:30 am

**TIME:** 10:30 am start at the Recreation Centre parking lot. Hikes average 1 hour

**COST:** Free

Grab your furry friend and come explore the trails. Dogs must be social with other dogs and people. There will be some off leash opportunities. Participants must check in at the front desk of the recreation centre. No dog...no problem, join us on the walk for conversation.

### ENERGY REFRESHER @5 PM GRANDE MOUNTAIN!!!

**AGES:** 16+

**WHEN:** Thursdays, October 7, 14, 21 & 28

**NEW TIME:** 5:00 pm hike starts

**COST:** Free

Meet at the start of the Cemetery and we will explore some of the trails from there. Bring proper footwear, water and a snack if you wish. We will hike in the rain, snow, sun and wind! Contact 780-827-2446 for more information about this fresh air outdoor activity.

### STRETCH IN MOTION

(VIRTUAL CLASS)

**AGES:** 16+

**WHEN:** Thursdays, October 7, 14, 21 & 28

**TIME:** 1:00 - 2:00 pm

**COST:** Free

A whole body stretch and movement class. A local instructor helps to guide you through this interactive program. Come can laugh, converse and move with your friends all in the safety of the fitness programs room.

To participate in this virtual class an e-mail address is required and you must have a device that will support Microsoft Teams meeting. We ask that you have a chair nearby and adequate space to move around. Please have props such as a tennis ball (or similar), a towel and /or yoga strap on hand for each class. No cost for the virtual class. Each week you will receive an e-mail inviting you to join the Thursday class from 1:00 - 2:00 pm. Contact the Fitness Coordinator for more information about this at 780-827-2446.

### BODY BY NATURE

**AGES:** 16+

**WHEN:** Mondays, October 4, 11, 18 & 25

**TIME:** 5:00 - 6:00 pm

**COST:** \$32

An outdoor bootcamp style class. This fresh air outdoor activity will be using the outdoor gym, playgrounds and trails. Please dress for the weather and bring water in a backpack. We will be on the ground so gardening gloves may be an option. Please note there IS class Monday, October 11.

---

### NOTES:

The Fitness Coordinator is in the fitness centre Monday-Friday (times vary) and is willing to help with ideas on water/land/spin exercises and stretching. Please contact 780-827-2446 ext. 2119 for more information.

Indoor group aquatic/land/spin fitness classes will return to the community when provincial restrictions are eased.