



Grande Cache Recreation Centre

SEPTEMBER FITNESS PROGRAMS

TAILS & TRAILS

AGES: 16+

WHEN: Tuesdays 10:30-11:30
(no walk on September 28)

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

AGES: 16+

WHEN: Thursdays, September 9, 23 & 30

TIME: 5:30 pm hike starts

COST: Free

Meet at the start of the Sulphur Gates Road (first left turn once past the bridge over the Smoky River) 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 activity.

AQUA FIT

AGES: 16+

WHEN: Mondays, Wednesdays & Fridays
(no instructor available on September 17 or 24)

TIME: 9:00 - 10:00 am

COST: Facility rates apply

Join us in the pool for laughs, exercises and stretching. We use both pools for this class.

HYDROPOWER

AGES: 16+

WHEN: Tuesdays & Thursdays,
September 9, 14, 21, 23, 28 & 30

TIME: 7:00 - 8:00 pm

COST: \$48 or \$10 drop in

An energetic class full of various drills that will get your heart pumping. Water exercises are given to energize the whole body.

STRETCH IN MOTION

(VIRTUAL CLASS is available)

AGES: 16+

WHEN: Thursdays, September 9, 23 & 30

TIME: 1:00 - 2:00 pm

COST: \$24 or \$10 drop in

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.

If you prefer a virtual class, we can make arrangements to support this. 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.

LUNCH STRONG SPIN

AGES: 16+

WHEN: Thursdays, September 9, 23 & 30

TIME: 12:00 - 12:45 pm

COST: \$24 or \$10 drop in

A cardio burn then a bonus strength session to top it off. Class space is limited for this class.

LUNCH SWIM

AGES: 16+

WHEN: Tuesdays, September 14, 21 & 28

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.

SPIN

AGES: 16+

WHEN: Tuesdays, September 14, 21 & 28

TIME: 5:30 - 6:15 pm

COST: \$24 or \$10 drop in

Cardio workout on a spin bike. Space is limited for this class.

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

NOTE: All programs subject to change.

FOR MORE INFORMATION:

Phone: 780-827-2446
Facebook: Grande Cache Recreation Centre
Website: www.grandecache.ca