



Grande Cache Recreation Centre

JANUARY FITNESS PROGRAMS

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4 □ Indoor Walk/Cycle (16+) 1:30 - 2:30 pm	5 □ Stretch in Motion (16+) (Virtual Class) 1:30 - 2:30 pm	6 □ Grande Snowshoe/Hike 12:00 - 1:00 am (meet at Cemetery) □ Energy Refresher (16+) GOLF COURSE Starts @ 5:00 pm (meet at Golf Course)	7 □ Ski at Lunch (16+) 12:00 - 1:00 pm (meet at Golf Course)	8
9	10	11 □ Tails & Trails 10:30 - 11:30 am (meet at Recreation Centre) □ Lunch Swim (16+) 12:00 - 1:00 pm □ Indoor Walk/Cycle (16+) 1:30 - 2:30 pm	12 □ Stretch in Motion (16+) (Virtual Class) 1:30 - 2:30 pm	13 □ Grande Snowshoe/Hike 12:00 - 1:00 am (meet at Cemetery) □ Energy Refresher (16+) GOLF COURSE Starts @ 5:00 pm (meet at Golf Course)	14 □ Ski at Lunch (16+) 12:00 - 1:00 pm (meet at Golf Course)	15
16	17	18 □ Tails & Trails 10:30 - 11:30 am (meet at Recreation Centre) □ Lunch Swim (16+) 12:00 - 1:00 pm □ Indoor Walk/Cycle (16+) 1:30 - 2:30 pm	19 □ Stretch in Motion (16+) (Virtual Class) 1:30 - 2:30 pm	20 □ Grande Snowshoe/Hike 12:00 - 1:00 am (meet at Cemetery) □ Energy Refresher (16+) GOLF COURSE Starts @ 5:00 pm (meet at Golf Course)	21 □ Ski at Lunch (16+) 12:00 - 1:00 pm (meet at Golf Course)	22
23	24	25 □ Tails & Trails 10:30 - 11:30 am (meet at Recreation Centre)	26 □ Stretch in Motion (16+) (Virtual Class) 1:30 - 2:30 pm	27 □ Grande Snowshoe/Hike 12:00 - 1:00 am (meet at Cemetery)	28 □ Ski at Lunch (16+) 12:00 - 1:00 pm (meet at Golf Course)	29
30	31	□ Lunch Swim (16+) 12:00 - 1:00 pm □ Indoor Walk/Cycle (16+) 1:30 - 2:30 pm		□ Energy Refresher (16+) GOLF COURSE Starts @ 5:00 pm (meet at Golf Course)		

LUNCH SWIM

AGES: 16+

WHEN: Tuesdays, January 11, 18 & 25

TIME: 12:00 - 1:00 pm

COST: Facility rates apply

Swim during your lunch break. A workout is available every Tuesday. Please note that this is not an instructor led class.

TAILS & TRAILS

AGES: 16+

WHEN: Tuesdays, 10:30 - 11:30 am January 11, 18 & 25

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. Dress for the weather.

ENERGY REFRESHER @5 PM GOLF COURSE!!!

AGES: 16+

WHEN: Thursdays, January 6, 13, 20 & 27

TIME: 5:00 pm hike starts

COST: Free

Meet in the Golf Course parking lot and we will explore some of the trails from there. Bring a headlamp, proper footwear, water, snowshoes, micro spikes 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.

Reminder that the Smoky River Nordic Ski Club has set ski, snowshoe /hiking trails around the Golf Course... please use the appropriate trails for your activity.

STRETCH IN MOTION (VIRTUAL CLASS)

AGES: 16+

WHEN: Wednesdays, January 5, 12, 19 & 26

TIME: 1:30 - 2:30 pm

COST: Free

A whole body stretch and movement class. A local instructor will help guide you through this interactive program. Come laugh, converse and move with your friends all in the safety of your own home.

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 email inviting you to join the Wednesday class from 1:30 - 2:30 pm. Contact the Fitness Coordinator for more information about this at 780-827-2446.

GRANDE SNOWSHOE/HIKE

AGES: 16+

WHEN: Thursdays, January 6, 13, 20 & 27

TIME: 12:00 – 1:00 pm

COST: \$20 for all 4 days. Register @ Rec. Centre

Meet at the cemetery for this hike/snowshoe up part of Grande Mountain. We hike/snowshoe in all types of weather. Dress appropriately for the weather and it never hurts to bring an extra layer. No snowshoes... no problem, they are available to rent from the Smoky River Nordic Ski Club at the Tourism & Interpretive Centre (call 780-827-3300 for rental, membership and trail usage information).

SKI AT LUNCH

AGES: 16+

WHEN: Fridays, January 7, 14, 21 & 28

TIME: 12:00 – 1:00 pm

COST: \$15

REGISTER: Register @ Rec. Centre

Meet at the Golf Course Parking lot for this ski session. Dress appropriately for the weather and it never hurts to bring an extra layer. No skis... no problem, they are available to rent from the Smoky River Nordic Ski Club at the Tourism & Interpretive Centre (call 780-827-3300 for rental, membership and trail usage information).

NEW FITNESS OPTION! **INDOOR WALK/CYCLE**

AGES: 16+

WHEN: Tuesdays, January 4, 11, 18 & 25

TIME: 1:30 – 2:30 pm

COST: Facility Rates for the Recreation Centre apply

Winter weather can be challenging to keep your walking routine going. We have come up with an idea to keep you moving... come use the treadmills, recumbent bike and/or SCIFIT machines in the Fitness Centre. These machines will be reserved during this time and the Fitness Coordinator will be available for demonstrating proper usage. This is a safe environment where you can get your steps in for the day. Machines are placed the safe distance required to meet Provincial requirements. Grab a friend and call 780-827-2446 to reserve your spot.

FITNESS 122 CHALLENGE FOR 2022 - IT IS BACK!

Starting January 1, 2022, record your workout sessions in the logbook located at the Customer Service desk at the Grande Cache Recreation Centre. Complete 122 sessions for your name to be entered into a draw to win a 'fitness care package'. Contest runs until December 31, 2022!

You can talk to the Fitness Coordinator or a customer service representative for more information.

NEED SOME FITNESS IDEAS?

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 eased.

FOR MORE INFORMATION:

Phone: 780-827-2446

Facebook: Grande Cache Recreation Centre

Website: www.mdgreenview.ab.ca

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.

UPCOMING EVENT: **WINTER IN MOTION**

January 16, 2022 from
2:00 - 4:00 pm

A cross country ski/snowshoe event will be held at the Grande Cache Tourism & Interpretive Centre.

More information will follow soon so please watch for posters and Facebook posts.

This is a Smoky River Nordic Ski Club & MD of Greenview partnered event.

