



Grande Cache Recreation Centre

FEBRUARY FITNESS PROGRAMS

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 <ul style="list-style-type: none"> 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 	2 WINTER WALK DAY 1:00 - 1:45 pm (meet at Big Horn Golden Age Club)	3 <ul style="list-style-type: none"> Sulphur Gates Road Snowshoe/Hike 12:00 - 1:00 pm (meet at Sulphur Gates Road as soon as you turn off hwy) Energy Refresher (16+) TOURISM CENTRE Starts @ 5:00 pm (meet at Tourism Centre) 	4 <ul style="list-style-type: none"> Ski at Lunch (16+) 12:00 - 1:00 pm (meet at Golf Course) 	5
6	7	8 <ul style="list-style-type: none"> 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 	9 <ul style="list-style-type: none"> Stretch in Motion (16+) (Virtual Class) 1:30 - 2:30 pm 	10 <ul style="list-style-type: none"> Sulphur Gates Road Snowshoe/Hike 12:00 - 1:00 pm (meet at Sulphur Gates Road as soon as you turn off hwy) Energy Refresher (16+) TOURISM CENTRE Starts @ 5:00 pm (meet at Tourism Centre) 	11 <ul style="list-style-type: none"> Ski at Lunch (16+) 12:00 - 1:00 pm (meet at Golf Course) 	12
13	14	15 <ul style="list-style-type: none"> 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 	16	17 <ul style="list-style-type: none"> Sulphur Gates Road Snowshoe/Hike 12:00 - 1:00 pm (meet at Sulphur Gates Road as soon as you turn off hwy) Energy Refresher (16+) TOURISM CENTRE Starts @ 5:00 pm (meet at Tourism Centre) 	18 <ul style="list-style-type: none"> Ski at Lunch (16+) 12:00 - 1:00 pm (meet at Golf Course) 	19
20	21 Winter in Motion "A FAMILY SLIDING DAY" 2:00 - 4:00 pm (@ Stern Cres. Park)	22 <ul style="list-style-type: none"> 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 	23 <ul style="list-style-type: none"> Stretch in Motion (16+) (Virtual Class) 1:30 - 2:30 pm 	24 <ul style="list-style-type: none"> Sulphur Gates Road Snowshoe/Hike 12:00 - 1:00 pm (meet at Sulphur Gates Road as soon as you turn off hwy) Energy Refresher (16+) TOURISM CENTRE Starts @ 5:00 pm (meet at Tourism Centre) 	25 <ul style="list-style-type: none"> Ski at Lunch (16+) 12:00 - 1:00 pm (meet at Golf Course) 	26
27	28					

LUNCH SWIM

AGES: 16+

WHEN: Tuesdays, February 1, 8, 15 & 22

TIME: 12:00 - 1:00 pm

COST: Facility rates apply

There is lunch swim every weekday but this one has a motivator... tips and drills will be shared to help you reach the SWIM 122 km CHALLENGE quicker (yes... the swim challenge is back! See the further down for more details.)

TAILS & TRAILS

AGES: 16+

WHEN: Tuesdays, February 1, 8, 15 & 22

TIME: 10:30 am start at the Recreation

Centre parking lot. Hikes average 1 hour.

COST: Free

Dogs, fresh air and sunshine to recharge you. Come explore a new trail or simply hike an old favourite.

INDOOR WALK/CYCLE

AGES: 16+

WHEN: Tuesdays, February 1, 8 15 & 22

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 produced an idea to keep you moving... come use the treadmills, recumbent bike and/or SCIFIT machines in the Fitness Centre. These machines will be held 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 meet Provincial physical distance requirements. Grab a friend and call 780-827-2446 to reserve your spot.

NEW LOCATION:

ENERGY REFRESHER @5 PM

TOURISM CENTRE!!

AGES: 16+

WHEN: Thursdays, February 3, 10, 17 & 24

TIME: 5:00 pm hike starts

COST: Free

Meet at the Tourism Centre and we will discover trails from there. Bring headlamps, snowshoes, microspikes, water and winter gear... it is always better to be prepared.

STRETCH IN MOTION (VIRTUAL CLASS)

AGES: 16+

WHEN: Wednesdays, February 9 & 23

TIME: 1:30 - 2:30 pm

COST: \$9

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 your own home.

A Microsoft Teams meeting is used for this program. 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 Wednesday class from 1:30 - 2:30 pm. Contact the Fitness Coordinator for more information about this at 780-827-2446.

NEW LOCATION:

SULPHUR GATES ROAD SNOWSHOE/ HIKE

AGES: 16+

WHEN: Thursdays, February 3, 10, 17 & 24

TIME: 12:00 – 1:00 pm

COST: \$20 for all 4 days. 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).

SKI/SNOWSHOE/HIKE AT LUNCH

AGES: 16+

WHEN: Fridays, February 4, 11, 18 & 25

TIME: 12:00 – 1:00 pm

COST: \$20

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 or 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).

WE HAVE 2 CHALLENGES FOR 2022:

1. FITNESS 122 CHALLENGE

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 car package'. Contest runs until December 31, 2022!

2. SWIM 122 KM CHALLENGE

SWIM 122 km in 2022. Your challenge (and it is a big challenge) is to swim 122KM in the year 2022. That is equivalent to 4880 lengths in the pool! You have until December 31, 2022, to complete this challenge, and everyone who is successful will receive a prize - you earned it! Keep track of your lengths you have completed and the date in the Fitness Challenge binder located at the Front Desk!

NEED 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 are 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 EVENTS:

WINTER WALK DAY

Wednesday, February 2, 2022

1:00 - 1:45 pm

- Meet @ the Big Horn Golden Age Club Parking Lot
- Join us for 30-45 minutes of walking around the ball diamonds with a stretch at the end.
- Wear weather appropriate clothing and footwear.
- This is a free activity.
- Walking poles and water are also a good idea to bring.
- Please join us for some fresh air, exercise and conversation.

WINTER IN MOTION A FAMILY SLIDING DAY

Monday, February 21, 2022

2:00 - 4:00 pm

Join us at @ the Stern Crescent Park (Phase V). Bring your sled and cup for some hot chocolate! Dress warm for this FREE fresh air outdoor activity!

