

APRIL 2022 FITNESS PROGRAMS



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
<ul style="list-style-type: none"> □ Aqua Fitness (16+) 9:00 - 10:00 am □ Tails & Trails (16+) Starts @ 1:30 pm (meet at Rec. Centre) 	<ul style="list-style-type: none"> □ Lunch Swim (16+) 12:00 - 1:00 pm □ Indoor Walk/Cycle (16+) 1:30 - 2:30 pm □ Hydropower (16+) 6:45 - 7:45 pm 	<ul style="list-style-type: none"> □ Aqua Fitness (16+) 9:00 - 10:00 am □ Stretch (16+) 1:30 - 2:15 pm 	<ul style="list-style-type: none"> □ Thursday Morning Muscle Wake Up (16+) 8:30 - 9:30 am □ Thursday @ Noon Hike 12:00 - 1:00 pm (meet at bottom of Correctional Centre Hill) □ Energy Refresher (16+) Starts @ 5:00 pm (meet at Tourism Centre) □ Hydropower (16+) 6:45 - 7:45 pm 	<ul style="list-style-type: none"> □ Aqua Fitness (16+) 9:00 - 10:00 am 		
10	11	12	13	14	15	16
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17	18	19	20	21	22	23
<p>Easter Monday</p>	<ul style="list-style-type: none"> □ Lunch Swim (16+) 12:00 - 1:00 pm □ Indoor Walk/Cycle (16+) 1:30 - 2:30 pm □ Hydropower (16+) 6:45 - 7:45 pm 	<ul style="list-style-type: none"> □ Aqua Fitness (16+) 9:00 - 10:00 am □ Stretch (16+) 1:30 - 2:15 pm 	<ul style="list-style-type: none"> □ Thursday Morning Muscle Wake Up (16+) 8:30 - 9:30 am □ Thursday @ Noon Hike 12:00 - 1:00 pm (meet at bottom of Correctional Centre Hill) □ Energy Refresher (16+) Starts @ 5:00 pm (meet at Tourism Centre) □ Hydropower (16+) 6:45 - 7:45 pm 	<ul style="list-style-type: none"> □ Aqua Fitness (16+) 9:00 - 10:00 am 		
24	25	26	27	28	29	30
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AQUA FITNESS

AGES: 16+

WHEN: Mondays, Wednesdays & Fridays
April 4, 6, 8, 11, 13, 20, 22, 25 & 27

TIME: 9:00 – 10:00 am

COST: Facility rates apply

So excited to have this instructor led aquatic fitness class is back! Grab a friend and jump into the water to do a variety of exercises.

TAILS & TRAILS

AGES: 16+

WHEN: Mondays, April 4, 11 & 25

TIME: Starts at 1:30 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.

LUNCH SWIM

AGES: 16+

WHEN: Tuesdays, April 5, 12, 19 & 26

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.

INDOOR WALK/CYCLE

AGES: 16+

WHEN: Tuesdays, April 5, 12, 19 & 26

TIME: 1:30 – 2:30 pm

COST: Facility Rates 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.

STRETCH

AGES: 16+

WHEN: Wednesdays, April 6, 13, 20 & 27

TIME: Starts at 1:30 pm
(average stretch class is 45 minutes)

COST: Facility rates apply

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

ENERGY REFRESHER @5 PM TOURISM CENTRE!!

AGES: 16+

WHEN: Thursdays, April 7, 14, 21 & 28

TIME: 5:00 pm hike starts

COST: Free

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

THURSDAY MORNING MUSCLE WAKE UP

AGES: 16+

WHEN: Thursdays, April 7, 21 & 28

TIME: Starts 8:30 am for about an hour

COST: Facility rates apply

Come to the fitness Centre to introduce or re-introduce you to the gym. Warm up, exercises and stretches will be discussed. Please bring clean indoor shoes and water.

THURSDAY @ NOON HIKE (bottom of Correctional Centre Hill)

AGES: 16+

WHEN: Thursdays, April 7, 21 & 28 (no hike April 14)

TIME: 12:00 – 1:00 pm

COST: \$15 Register at the Recreation Centre.

This hike starts at the bottom of the Correctional Centre Hill (corner of Hoppe Ave and the sewage treatment plant Rd). Everyone is welcome. Bring water and proper footwear including microspikes and dress for the weather.

HYDROPOWER

AGES: 16+

WHEN: Tuesdays & Thursdays,
April 5, 7, 12, 14, 19, 21, 26 & 28

TIME: 6:45-7:45 pm

COST: Facility rates apply

This instructor led aquatic fitness class is also back!!! Both pools may be used for this class. All levels welcome.

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.

FOR MORE INFORMATION:

Phone: 780-827-2446

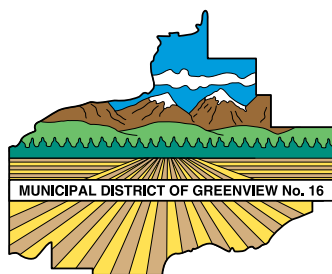
Facebook: Grande Cache Recreation Centre

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.



ATTENTION LANE SWIMMERS... 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! Please check out updated aquatics calendar for more 'lane swim' times.

FITNESS 122 CHALLENGE FOR 2022

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!