

Greenview Regional Multiplex

FITNESS PROGRAMS

MAY 2022

780-524-4097

www.mdgreenview.ab.ca

***Pre-registration required; minimum of 6 participants for the program to run.**

NEW

Teen Fitness Centre Orientations

AGE: 14 - 17 years

DATE: Tuesdays & Thursdays, May 3-26

TIME: 4:00 - 5:00 pm

MEMBER: FREE

NON-MEMBER: Daily rate applies

LOCATION: Fitness Centre

Did you know? All youth ages 14-17yrs old are now required to attend a mandatory Fitness Centre Orientation prior to utilizing the Fitness Centre. A Fitness Centre Orientation is an information session that will provide attendees with the basics of using the weight machines and cardio equipment. You will learn how to start, stop, and change settings on cardio machines, change seat height and weight selection on equipment and discuss proper form on the weight machines. Fitness Centre facility guidelines will also be discussed during the orientation session.

Mother's Day Mom & Me Workout

AGE: 4+ years with Mom

DATE: Sunday, May 8

TIME: 10:30 - 11:15am

MEMBER: FREE

NON-MEMBER: Child/Youth daily rate applies.

Mom is FREE

LOCATION: Fitness Studio

Start Mother's Day off in a fun, engaging Mom & Me class! This 45 Minute full-body, high-energy workout will have you and your child working and moving together.

Morning Body Works

AGE: 14+ years

DATE: Mondays & Wednesdays, May 2-June 1

TIME: 9:00am - 10:00 am

MEMBER: FREE

NON-MEMBER: Daily rate applies

LOCATION: Fitness Studio

Make your body work for you in this exciting class focused on developing functional fitness. Bodyworks brings strength, cardio, and core training together for an energetic, full-body workout. This class is excellent for all levels of fitness as modifications are available.

Stretch Class

AGE: 14+ years

DATE: Fridays May 6- June 3

TIME: 10:00am - 10:30am

MEMBER: FREE

NON-MEMBER: Daily rate applies

LOCATION: Fitness Studio

Learn full-body stretches and spend half an hour relaxing. Stretching as part of your regular training will improve flexibility, function, and performance, and it helps to reduce injuries.

Vinyasa Flow Yoga

AGE: 16+ years

DATE: Mondays May 30-June 27

TIME: 5:30pm - 6:30pm

MEMBER COST: \$45.00

NON-MEMBER COST: \$50.00

LOCATION: Fitness Studio

Join the second session of Vinyasa Flow Yoga!

In this 60-minute beginner-intermediate class, we introduce Vinyasa Yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. Min 8-Max 12 registrations.

