

# NOVEMBER 2022 FITNESS PROGRAMS



SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1	2	3	4	5
		<ul style="list-style-type: none"> <li>☐ Morning Zumba (16+) 8:45 - 9:45 am</li> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>☐ Lunch Swim (16+) 12:00 - 1:00 pm</li> <li>☐ Spin &amp; Swim 5:30 - 6:45 pm</li> <li>☐ Restorative Yoga <b>NEW!</b> 8:00 - 9:00 pm (16+)</li> </ul>	<ul style="list-style-type: none"> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>☐ Stretch (16+) 9:00 - 9:30 am</li> <li>☐ Night Hike (16+) (meet @ Golf Course Parking Lot @ 5:00 pm)</li> </ul>	<ul style="list-style-type: none"> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>☐ Tails &amp; Trails (16+) Starts @ 1:30 pm (meet at Rec. Centre Parking Lot)</li> <li>☐ Night Zumba (16+) 6:00 - 7:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>☐ Morning Spin (16+) 6:15 - 7:15 am</li> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> </ul>	
6	7	8	9	10	11	12
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13	14	15	16	17	18	19
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20	21	22	23	24	25	26
<ul style="list-style-type: none"> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>☐ BALLET a la SECONDE Youth Fitness (age 6-9) 3:30 - 4:15 pm</li> <li>☐ Vinyasa Yoga (16+) 6:00 - 7:00 pm</li> <li>☐ Adult Barre (16+) <b>NEW!</b> 7:00 - 8:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>☐ Morning Zumba (16+) 8:45 - 9:45 am</li> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>☐ Lunch Swim (16+) 12:00 - 1:00 pm</li> <li>☐ Spin &amp; Swim 5:30 - 6:45 pm</li> <li>☐ Restorative Yoga <b>NEW!</b> 8:00 - 9:00 pm (16+)</li> </ul>	<ul style="list-style-type: none"> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>☐ Stretch (16+) 9:00 - 9:30 am</li> <li>☐ Night Hike (16+) (meet @ Golf Course Parking Lot @ 5:00 pm)</li> </ul>	<ul style="list-style-type: none"> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>☐ Tails &amp; Trails (16+) Starts @ 1:30 pm (meet at Rec. Centre Parking Lot)</li> <li>☐ Night Zumba (16+) 6:00 - 7:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>☐ Morning Spin (16+) 6:15 - 7:15 am</li> <li>☐ Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> </ul>		
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**AQUA FITNESS/LANE SWIM****AGES:** 16+**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays (No instructor November 10<sup>th</sup>)**TIME:** 9:00 – 10:30 am**COST:** Facility rates apply

Grab a friend and jump into the water to do a variety of exercises. An instructor will be available Tuesdays and Thursdays from 9:00 - 10:00 am. Please see aquatic schedule for other swim times on times pools and hot spots are open. Please note to honour Remembrance Day there will be no class November 11.

**NIGHT HIKE****AGES:** 16+**WHEN:** Wednesdays, November 2, 9, 16, 23 & 30**TIME:** Starts at 5:00 pm (Meet at Golf Course Parking Lot)**COST:** No cost

Meet at the golf course parking lot on Wednesdays at 5 pm to explore the trails system. Hikes average about an hour. Please wear proper hiking footwear. There may be challenging areas on these adventures, such as steep hills and loose rock.

**MORNING SPIN****AGES:** 16+**WHEN:** Fridays, November 7, 14 & 21**TIME:** 6:15 – 7:15 am**COST:** \$24

Calling all cardio junkies!!! You read right... 6:15 am!!! Finish your workout before most finish their first cup of coffee. Please note to honour Remembrance Day there will be no class November 11.

**MORNING ZUMBA****AGES:** 16+**WHEN:** Tuesdays, November 1, 8, 15, 22 & 29**TIME:** 8:45-9:45 am**COST:** \$40

An amazing dance class to help start your day!

**NIGHT ZUMBA****AGES:** 16+**WHEN:** Thursdays, November 3, 10, 17 & 24**TIME:** 6:00 – 7:00 pm**COST:** \$32

A high-energy cardio workout, incorporating music and dance choreography from around the world.

**LUNCH SWIM****AGES:** 16+**WHEN:** Tuesdays, November 1, 8, 15, 22 & 29**TIME:** 12:00 - 1:00 pm**COST:** Facility rates apply

Tips and drills will be shared to help you develop your swimming technique. This is not an instructor led class. Please see the aquatics schedule for more information on the times pools and hot spots are open.

**NEW! ADULT BARRE****AGES:** 16+**WHEN:** Mondays, November 21 & 28 December 5, 12 & 19**TIME:** 7:00 - 8:00 pm**COST:** \$40

Benefits of a ballet barre class... It is a low impact, whole body work out that is great for everyone, from beginners to experienced dancers. A barre workout increases flexibility lengthens, elongates and tones your muscles. It strengthens your core, helps with balance and improves posture and endurance. Also, barre requires a level of mindfulness to stay engaged, almost like a form a meditation. Your brain is focused on each position and small movement, leaving you feel less stressed and leaving class feeling lifted and calm. Please wear comfortable, movable clothing.

**NEW! RESTORATIVE YOGA****AGES:** 16+**WHEN:** Tuesdays, November 1, 8, 15, 22 & 29**TIME:** 8:00-9:00 pm**COST:** \$40

Come join us for a passive, meditative form of yoga that allows you to focus on your breath while releasing tension in your body. Bring your yoga mat, a blanket and water.

**TAILS & TRAILS****AGES:** 16+**WHEN:** Thursdays, November 3, 17 & 24**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. No dog... no problem, come join us.

## SPIN & SWIM

**AGES:** 16+

**WHEN:** Tuesdays, November 1, 8, 15, 22 & 29

**TIME:** 5:30-6:45 pm

**COST:** \$40

We spin for a bit then we go down to the pool for a swim session. Your lung capacity will be challenged in this class. Class size is limited, and the Fitness Program's Room will be unavailable to the public during this spin time. Bring water, indoor shoes, goggles, fins (if you have them) and your bathing suit!

## STRETCH

**AGES:** 16+

**WHEN:** Wednesdays, November 2, 9, 16, 23 & 30

**TIME:** 9:00-9:30 am

**COST:** Facility rates apply

Learn some basic pre and post workout stretches.

## VINYASA YOGA

**AGES:** 16+

**WHEN:** Mondays, November 7, 14, 21 & 28

**TIME:** 6:00 – 7:00 pm

**COST:** \$32

Vinyasa flow removes stagnant energy from the body, mind and spirit. Sequences of hatha yoga postures and pranayama breathing techniques creates strength, flexibility, balance and fluidity. The disciplined 60-minute classes will challenge your mind strength and muscle endurance. Bring your yoga mat, towel and water.

## YOUTH FITNESS

### BALLET a la SECONDE

**AGES:** 6-9

**WHEN:** Mondays, November 21 – December 19

**TIME:** 3:30 – 4:15 pm

**COST:** \$40

Introduce your little dancer to the beautiful art of ballet! This class will enhance your child's coordination, balance and flexibility with the teaching of basic ballet positions, steps and terminology through standing barre work and simple floor exercises. Your child will also enjoy fun exercises in creative dance and music exploration. Please have participants wear comfortable, movable clothing and bare feet. Ballet attire and shoes also welcome!

## UPCOMING Events...

OUR ANNUAL FRESH AIR OUTDOOR ACTIVITY

## The Griswold Family Christmas Tree Hunt!

December 4th, 2022 from 2:00 – 4:00 pm

**MORE INFORMATION TO FOLLOW.**

Please watch our site and posters that will be around town.



Alberta

## 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.

## ATTENTION LANE SWIMMERS ...SWIM 122 km in 2022

Your challenge (and it is a big challenge) is to swim 122 KM 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 the lengths you have completed and the dates in the Fitness Challenge binder located at the Front Desk! Please check the updated aquatics schedule 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!

We have quite a few names in for the draw already. There is still time to complete this challenge! ***Shinny, hockey games played, fitness classes, figure skating sessions, going public skating, aquatic classes and curling... all count towards this challenge!***

## FOR MORE INFORMATION:

**Phone:** 780-827-2446

**Facebook:** Grande Cache Recreation Centre

**Website:** [www.mdgreenview.ab.ca](http://www.mdgreenview.ab.ca)

## WAYS TO REGISTER:

1. **Online:**  
<https://app.booking.ca/grandecacherecencentrepub/index.asp>
2. **By Phone:** 780-827-2446
3. **In Person** at Grande Cache Recreation Centre