

# DECEMBER 2022 FITNESS PROGRAMS



SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	1	2	3
				<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> </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>	
4	5	6	7	8	9	10
<ul style="list-style-type: none"> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Vinyasa Yoga (16+) 6:00 - 7:00 pm</li> <li>BALLET a la SECONDE Youth Fitness (age 6-9) 3:30 - 4:15 pm</li> <li>Adult Barre (16+) 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 (16+) 5:30 - 6:30 pm</li> <li>Restorative Yoga 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>Full Moon Ski Snowshoe Walk (16+) Grande Cache Golf Course @ 7:00 pm sponsored by Smoky River Nordic Club</li> </ul>	<ul style="list-style-type: none"> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Night Zumba (16+) 6:00 - 7:00 pm</li> <li>Tails &amp; Trails (16+) Starts @ 1:30 pm (meet at Rec. Centre Parking Lot)</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>		
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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25	26	27	28	29	30	31
Facility closed	Facility hours 12:00 pm - 7:00 pm Pool & Arena 1:00 pm - 6:00 pm	Facility hours 8:00 am - 8:00 pm	Facility hours 8:00 am - 8:00 pm	Facility hours 8:00 am - 8:00 pm	Facility hours 8:00 am - 8:00 pm	

**AQUA FITNESS/LANE SWIM****AGES:** 16+**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays, December 1 - 23  
(No instructor December 20 or 22)**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 competition, leisure pools and hot spots are open. Please note... week of December 26 - 30, Christmas hours are in effect, please check aquatic schedule.

**NIGHT HIKE****AGES:** 16+**WHEN:** Wednesdays, December 14**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. Bring headlamps if you would like.

**MORNING SPIN****AGES:** 16+**WHEN:** Fridays, December 2, 9 & 16**TIME:** 6:15 – 7:15 am

**COST:** \$24 (fitness drop-in rates are available for this class)  
Calling all cardio junkies!!! You read right... 6:15 am!!!  
Finish your workout before most finish their first cup of coffee.

**MORNING ZUMBA****AGES:** 16+**WHEN:** Tuesdays, December 6, 13 & 20**TIME:** 8:45-9:45 am**COST:** \$24 (fitness drop-in rates are available for this class)

An amazing dance class to help start your day!

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

Registration for this program is closed. Please watch January 2023 Fitness calendar for next session.

**NIGHT ZUMBA****AGES:** 16+**WHEN:** Thursdays, December 8, 15 & 22**TIME:** 6:00 – 7:00 pm**COST:** \$24 (fitness drop-in rates are available for this class)

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

**LUNCH SWIM****AGES:** 16+**WHEN:** Tuesdays, December 6 & 13**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.

**RESTORATIVE YOGA****AGES:** 16+**WHEN:** Tuesdays, December 6, 13 & 20**TIME:** 8:00-9:00 pm**COST:** \$24 (fitness drop-in rates are available for this class)

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, December 1, 8 & 15**TIME:** Starts at 1:30 pm 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****AGES:** 16+**WHEN:** Tuesdays, December 6 & 13**TIME:** 5:30-6:30 pm**COST:** \$16 (fitness drop-in rates are available for this class)

Class size is limited, and the Fitness Program's Room will be unavailable to the public during this spin time.

**STRETCH****AGES:** 16+**WHEN:** Wednesdays, December 7 & 14**TIME:** 9:00-9:30 am**COST:** Facility rates apply

Learn some basic pre and post workout stretches.

## VINYASA YOGA

**AGES:** 16+

**WHEN:** Mondays, December 5, 12 & 19

**TIME:** 6:00 – 7:00 pm

**COST:** \$24 (fitness drop-in rates are available for this class)

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

Registration for this program is closed. Please watch January 2023 Fitness calendar for next session.

## 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. Fitness drop-in rates are \$12.

## 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!***

## UPCOMING Events...



**LIGHTING OF ROCKY!**  
**Thursday,**  
**December 1, 2022**  
**5:30 - 6:30 pm**  
AT ROCKY THE RAM PARK

KENNY'S PLACE  
FIRE DEPT  
GRANDE CACHE



**THE GRISWOLD FAMILY CHRISTMAS TREE HUNT!**  
**SUNDAY, DECEMBER 4, 2022**  
**2:00 - 4:00 PM**  
FIREMEN'S PIT ROAD

Alberta



**FULL MOON SKI SNOWSHOE WALK**  
DECEMBER 7, 2022 @ 7PM  
**GRANDE CACHE GOLF COURSE**

SPONSORED BY  
SMOKY RIVER NORDIC CLUB

**WARM DRINKS AND FIRE INCLUDED!  
WEAR AN UGLY CHRISTMAS SWEATER  
TO BE ENTERED TO WIN A  
MASSAGE FROM GRANDE CACHE MASSAGE CLINIC!**

## CHRISTMAS & NEW YEAR HOURS

- ◊ December 24 & December 31, 2022 we will be open at 9:00 am - 4:00 pm
- ◊ December 25, 2022 we will be closed
- ◊ December 26, 2022 we will be open at 12:00 pm – 7:00 pm (pools and arena 1:00 pm - 6:00 pm)
- ◊ December 27 – 30, 2022 our hours of operations will be 8:00 am – 8:00 pm
- ◊ January 1, 2023 we will be open 12:00 pm - 7:00pm (pools and arena 1:00 pm - 6:00 pm)

SCHEDULES RESUMES ON JANUARY 2, 2023.

## 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/grandecacherecentrepub/index.asp>
2. **By Phone:** 780-827-2446
3. **In Person** at Grande Cache Recreation Centre