

Grande Cache Recreation Centre

# JANUARY 2023 FITNESS PROGRAMS



SUN	MON	TUES	WED	THURS	FRI	SAT	
1		2	3	4	5	6	
	<ul style="list-style-type: none"> <li>Vinyasa Yoga (16+) 6:00 - 7:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</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>Stretch (16+) 9:00 - 9:30 am</li> <li>Night Snowshoe/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> </ul>	<ul style="list-style-type: none"> <li>Morning Spin (16+) 6:15 - 7:15 am</li> </ul>	7	
8	<ul style="list-style-type: none"> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Happy Feet (age 3) 10:15 - 10:45 am <b>NEW</b></li> <li>Twinkle Toes (age 4-5) 3:30 - 4:00 pm <b>NEW</b></li> <li>Funky Feet - Street Dance (11+) 5:00 - 5:45 pm <b>NEW</b></li> <li>Vinyasa Yoga (16+) 6:00 - 7:00 pm</li> </ul>	9	10	11	12	13	14
		<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>Night Snowshoe/Hike (16+) meet @ Golf Course Parking Lot @ 5:00 pm</li> <li>PETITE BALLET (age 6-8) 5:15 - 6:00 pm</li> <li>BALLET a la SECONDE (age 9-10) 6:15 - 7:00 pm</li> <li>Adult Barre (16+) 7:00 - 8:00 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>		
15	<ul style="list-style-type: none"> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Happy Feet (age 3) 10:15 - 10:45 am <b>NEW</b></li> <li>Twinkle Toes (age 4-5) 3:30 - 4:00 pm <b>NEW</b></li> <li>Funky Feet - Street Dance (11+) 5:00 - 5:45 pm <b>NEW</b></li> <li>Vinyasa Yoga (16+) 6:00 - 7:00 pm</li> </ul>	16	17	18	19	20	21
		<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>Night Snowshoe/Hike (16+) meet @ Golf Course Parking Lot @ 5:00 pm</li> <li>PETITE BALLET (age 6-8) 5:15 - 6:00 pm</li> <li>BALLET a la SECONDE (age 9-10) 6:15 - 7:00 pm</li> <li>Adult Barre (16+) 7:00 - 8:00 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>		
22	<ul style="list-style-type: none"> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Happy Feet (age 3) 10:15 - 10:45 am <b>NEW</b></li> <li>Twinkle Toes (age 4-5) 3:30 - 4:00 pm <b>NEW</b></li> <li>Funky Feet - Street Dance (11+) 5:00 - 5:45 pm <b>NEW</b></li> <li>Vinyasa Yoga (16+) 6:00 - 7:00 pm</li> </ul>	23	24	25	26	27	28
		<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>Night Snowshoe/Hike (16+) meet @ Golf Course Parking Lot @ 5:00 pm</li> <li>PETITE BALLET (age 6-8) 5:15 - 6:00 pm</li> <li>BALLET a la SECONDE (age 9-10) 6:15 - 7:00 pm</li> <li>Adult Barre (16+) 7:00 - 8:00 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>		
29	<ul style="list-style-type: none"> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Happy Feet (age 3) 10:15 - 10:45 am <b>NEW</b></li> <li>Twinkle Toes (age 4-5) 3:30 - 4:00 pm <b>NEW</b></li> <li>Funky Feet - Street Dance (11+) 5:00 - 5:45 pm <b>NEW</b></li> <li>Vinyasa Yoga (16+) 6:00 - 7:00 pm</li> </ul>	30	31				
		<ul style="list-style-type: none"> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Morning Zumba (16+) 8:45 - 9:45 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>					

## AQUA FITNESS/LANE SWIM

**AGES:** 16+

**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays, January 9 - 31 (Please note there will be aqua fitness/lane swim on Tuesday, January 3 and Thursday, January 5.)

**TIME:** 9:00 – 10:30 am

**COST:** Facility rates apply

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.

## NIGHT SNOWSHOE/HIKE

**AGES:** 16+

**WHEN:** Wednesdays, January 4, 11, 18 & 25

**TIME:** Starts at 5:00 pm

**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/snowshoes. 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, January 6, 13, 20 & 27

**TIME:** 6:15 – 7:15 am

**COST:** \$32 (fitness drop-in rates are available for this class)

New year... why not try this. Commit to four classes to see if this is for you.

## MORNING ZUMBA

**AGES:** 16+

**WHEN:** Tuesdays, January 10, 17, 24 & 31

**TIME:** 8:45-9:45 am

**COST:** \$32 (fitness drop-in rates are available for this class)

An amazing dance class to help start your day!

## NIGHT ZUMBA

**AGES:** 16+

**WHEN:** Thursdays, January 12, 19 & 26

**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.

## STRETCH

**AGES:** 16+

**WHEN:** Wednesdays, January 4, 11, 18 & 25

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

**COST:** Facility rates apply

Learn some basic pre and post workout stretches.

## SPIN

**AGES:** 16+

**WHEN:** Tuesdays, January 3, 10, 17, 24 & 31

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

**COST:** \$40 (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.

## ADULT BARRE NEW DATE!

**AGES:** 16+

**WHEN:** Wednesdays, January 11, 18 & 25, February 1, 8 & 15

**TIME:** 7:00 - 8:00 pm

**COST:** \$48

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, 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.

## LUNCH SWIM

**AGES:** 16+

**WHEN:** Tuesdays, January 10, 17, 24 & 31

**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, January 3, 10, 17, 24 & 31

**TIME:** 8:00-9:00 pm

**COST:** \$40 (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, January 5, 12, 19 & 26

**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.

## VINYASA YOGA

**AGES:** 16+

**WHEN:** Mondays, January 3, 10, 17, 24 & 31

**TIME:** 6:00 – 7:00 pm

**COST:** \$40 (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. 60-minute classes. Bring your yoga mat, towel and water.

## YOUTH FITNESS

### PETITE BALLET

**AGES:** 6-8 **NEW AGE RANGE**

**WHEN:** Wednesdays, January 11, 18 & 25, February 1, 8 & 13

**TIME:** 5:15 – 6:00 pm

**COST:** \$48

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!

### BALLET a la SECONDE

**AGES:** 9-10 **NEW AGE RANGE**

**WHEN:** Wednesdays, January 11, 18 & 25, February 1, 8 & 13

**TIME:** 6:15 – 7:00 pm

**COST:** \$48

In this class ballet dancers dive more into ballet technique while still enjoying a playful and creative class. Learning from a syllabus that uses fun music, improvisation, and story-dances to engage the dancer's active imagination, all while incorporating proper technique and terminology. Attire: Moveable clothing and bare feet OR Ballet bodysuit, skirt, tights and ballet shoes also welcome!

### TWINKLE TOES NEW!

**AGES:** 4-5 years

**WHEN:** Mondays, January 9, 16, 23 & 30 February 6 & 13

**TIME:** 3:30 – 4:00 pm

**COST:** \$36

This class is the next level up from Happy Feet. While the focus is still about fun while learning movement and using their imagination, we focus more on learning the art of dance and ballet techniques, learn to make diamonds with your plie, leap like a dolphin and chasse like a unicorn!

Attire: Moveable clothing and bare feet OR Ballet body suit, skirt, tights and ballet shoes also welcome!

### FUNKY FEET – STREET DANCE NEW!

**AGES:** 11 +

**WHEN:** Mondays, January 9, 16, 23 & 30 February 6 & 13

**TIME:** 5:00 – 5:45 pm

**COST:** \$48

Get your groove on with this jazz/hip-hop combo! Learn to pop and lock, bounce, wave and body roll while listening to the current pop hits. We'll also be strengthening our muscles with floor work by learning things like the "coffee-grinder" and other breakdancing movements.

Attire: Movable clothing with clean indoor running shoes, even a funky hat. Hip hop is all about creative style, have fun creating your unique hip hop outfit!

### HAPPY FEET NEW!

**AGES:** 3 years

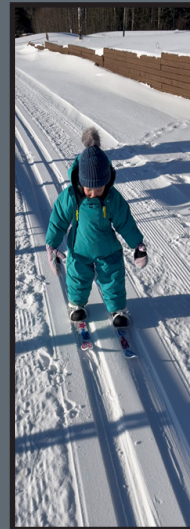
**WHEN:** Mondays, January 9, 16, 23 & 30 February 6 & 13

**TIME:** 10:15 – 10:45 am

**COST:** \$36

This class is a great introduction to music and movement. The littles are given the chance to explore creative dance and use their imagination while learning the first steps of ballet and movement and having fun!

Attire: Movable clothing and bare feet OR Ballet body suit, skirt, tights and ballet shoes also welcome!



### UPCOMING Event...

#### Winter in Motion presents AN INTRODUCTION TO CROSS COUNTRY SKIING!!!

Sunday, January 22, 2023

2:00 - 4:00 pm

@ the Grande Cache Tourism &  
Interpretive Centre

Skis are available to try on a groomed mini track during this time thanks to the Smoky River Nordic Ski Club. Come meet some of its members and learn more about the trails that they groom at the golf course, campground and Pierre Grey's Lakes.



\*\*\*Bring your own cup for some hot chocolate and dress warm!\*\*\*

### REGISTRATION FOR ALL CLASSES

listed in the January Fitness calendar will open on Monday, December 19 at 9:00 am.

### 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.

### 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