

GREENVIEW REGIONAL MULTIPLEX

FITNESS PROGRAMS FEBRUARY/MARCH 2023



YOUTH FITNESS CENTRE ORIENTATIONS

AGE: 14 - 17

DATES: Weekdays

TIME: 3:30 – 4:30 pm

MEMBER: FREE

NONMEMBER: DAILY RATE

LOCATION: Fitness Centre

Did you know? All youth ages 14-17 years old are now required to attend a mandatory orientation before utilizing the Fitness Centre.

A Fitness Centre Orientation is an information session that will provide attendees with the basics of using the weight machines, cardio equipment, machine adjustments, and facility guidelines overview.

[Please note, Orientations are available outside of this timeframe, please see fitness programmer to arrange a time.](#)

ADULT SNOWSHOEING

AGE: 18+

DATES: Thursdays, January 12-February 16, 2023

TIME: 1:00 – 3:00 pm

COST: \$8.00 /session

LOCATION: Johnson Park

Outdoor Recreation has partnered with the GRM to offer adult snowshoeing! Get active outdoors at the beautiful Johnson Park and enjoy all the benefits snowshoeing has to offer.

Exceptional cardiovascular workout!

Low-impact muscle and endurance building, balance, strengthening, and agility, as well as improving your sense of well-being by connecting to nature, will be your takeaway.

Snowshoes are provided at the location.

Pre-Registration required. Minimum of 6 participants required.

LUNCH CRUNCH

AGE: 14+

DATES: Mondays & Wednesdays February 1 – March 15, 2023 (No Class February 20, 2023)

TIME: 12:15 – 12:45 pm

MEMBER: \$48.00

NONMEMBER: \$60.00

LOCATION: Fitness Studio

A short workout may give you more energy for the rest of your workday. Give yourself more free time – working out on your lunch hour means you're free for other activities before and after work. Join us for this quick lunch time Lunch Crunch. All fitness levels are welcome!

Pre-Registration required. Minimum of 6 participants required.

EVENING BODYWORKS

AGE: 14+

DATES: Tuesdays, February 7 – March 14, 2023

TIME: 6:00 – 7:00 pm

MEMBER: FREE

NONMEMBER: DAILY RATE

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. Pre-Registration required. Minimum of 6 participants required.

SIT & BE FIT

AGES: 14+

WHEN: Wednesdays, February 1 - March 8, 2023

TIME: 10:00 - 10:45 am

MEMBER: FREE

NONMEMBER: \$45.00

LOCATION: Fitness Studio

This 45 Minutes class of chair exercise is an effective way to incorporate movement into your routine and help you stay physically active; all you need is a chair! Low-impact chair exercises help increase movement throughout the day while keeping pressure off your joints.

Pre-Registration required. Minimum of 6 participants required.



STRETCH

AGES: 14+

WHEN: Fridays, February 3 - March 10, 2023

TIME: 10:00 - 10:30 am

MEMBER: FREE

NONMEMBER: \$30.00

LOCATION: Fitness Centre

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

Pre-Registration required. Minimum of 6 participants required.

WINTER WALK DAY

AGES: All ages

WHEN: Wednesday, February 1, 2023

TIME: 1:00 - 3:00 pm

LOCATION: GRM entrance

Open the door & go for it!
Hat.... check!
Mittens.... check!
Snow Boots.... check!
Ready!

The GRM Team will be cheering as participants enjoy Winter Walk Day. Stop by the facility for free Hot Chocolate. Thank you to Freson Bros for sponsoring the day!

SWEETHEART SPORT & SWIM

AGES: 18+ Adult couples

WHEN: Tuesday, February 14, 2023

TIME: 7:00 - 9:00 pm

MEMBER: FREE

NONMEMBER: DAILY RATE

LOCATION: Fieldhouse & Pool

It's Date Night! Bring your Sweetheart to the facility for a fun badminton tourney and music. Finish your evening off with a relaxing dim-night swim. Childmind care is available, must pre-book. Happy Valentine's Day!

FACILITY CHILDMIND CARE

MORNINGS: Monday - Thursday 9:00 - 11:00 AM

EVENING: Monday & Wednesday 5:00 - 7:00 PM

AGES: 6 months - 10 years

COST: \$5.00 per hour/per child (Punch passes available)

Allow us to care for your children while you enjoy the facility!

DROP-IN RATES

AGE	DAILY RATE	10 PUNCH PASS
UNDER 3	FREE	FREE
CHILD 3 - 12	\$4.50	\$40.50
YOUTH 13 - 17	\$6.00	\$54.00
ADULT	\$8.50	\$76.60
FAMILY*	\$19.50	\$175.50
SENIOR 60-69	\$6.00	\$54.00
SUPER SENIOR 70+	FREE	FREE

*Family will be determined by two adults and two children that reside in the same household. Each additional household family member will receive the recommended discount price.

CHECK OUT OUR OTHER EXCITING PROGRAMS FOR CHILDREN, YOUTH, AQUATIC AND FIELDHOUSE SCHEDULES [RIGHT HERE!](#)

<https://mdgreenview.ab.ca/residents/greenview-regional-multiplex/gr-programs/>

FOR MORE INFORMATION:

Phone: 780-524-4097

Facebook: [Greenview Regional Multiplex](#)

Website: <https://mdgreenview.ab.ca/>

WAYS TO REGISTER:

1. **Online:** <https://app.booking.ca/grmpub/index.asp>
2. **By Phone:** 780-524-4097
3. **In Person:** Greenview Regional Multiplex
[4803 56th Avenue, Valleyview AB](#)

