



SIT & BE FIT

AGES: 14+

WHEN: Wednesdays, March 22 - April 26, 2023

TIME: 10:00 - 10:45 am

MEMBER: FREE

NONMEMBER: \$45.00

LOCATION: Fitness Studio

This 45 Min class of chair exercise is a great low-impact 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.

YOUTH FITNESS CENTRE ORIENTATIONS

AGE: 14 - 17

DATES: Weekdays

TIME: 3:30 – 4:30 pm

MEMBER: FREE

NONMEMBER: PROGRAM DROP-IN RATE

LOCATION: Fitness Centre

All youth ages 14-17 years old are 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, to schedule a time please contact Customer Service or the Fitness Programmer.

EVENING BODYWORKS

AGE: 14+

DATES: Tuesdays & Thursdays, March 21 - April 27, 2023

TIME: 6:00 – 7:00 pm

MEMBER: FREE

NONMEMBER: PROGRAM DROP-IN 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.

GENTLE YOGA

AGES: 16+

DATES: Wednesdays, April 12 - June 14, 2023

8 sessions (No class May 3 & May 24, 2023)

TIME: 6:15 – 7:15 pm

MEMBER: \$64.00

NONMEMBER: \$80.00

LOCATION: Fitness Studio

In this 60-minute class, we introduce Hatha Yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. Pre-Registration required. Minimum of 6 participants required.

STRETCH

AGES: 14+

DATES: Fridays, March 31 - May 19, 2023 (no class April 7 & May 12)

TIME: 10:00 - 10:30 am

MEMBER: FREE

NONMEMBER: PROGRAM DROP-IN RATE

LOCATION: Fitness Studio

Learn full body stretches and spend half 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.



GREENVIEW REGIONAL MULTIPLEX

NATIONAL WALKING DAY

WEDNESDAY APRIL 5, 2023

1 DAY ONLY

SPECIAL OFFER WINTER WALK PROMOTION

FROM 6:00 AM - 9:00 PM

In celebration of the National Walking Day the Greenview Regional Multiplex is happy to offer the Winter Walk Promotion Discount for the entire day from 6:00 am – 9:00 pm.
This special offer is only for the day of April 5, 2023.

GREENVIEW REGIONAL MULTIPLEX

4-ON-4 VOLLEYBALL TOURNAMENT

Hustle, Hit, Never Quit!
Be part of the game at the G.R.M.!
Mix teams consist of 4 + 1 substitute.
Registration Deadline:
Tuesday, April 18, 2023

AGE: 12 - ADULT
DATE: SATURDAY,
APRIL 22, 2023
TIME: TO BE ANNOUNCED
COST: 12-17 YEARS \$12/PLAYER
18 + YEARS \$15/PLAYER
LOCATION: FIELDHOUSE

FACILITY CHILDMIND CARE

MORNINGS:
Mondays - Thursday 9:00 - 11:00 am

EVENING:
Mondays, Wednesdays and Thursdays 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

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/)

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FOR MORE INFORMATION:

Phone: 780-524-4097
Facebook: [Greenview Regional Multiplex](https://www.facebook.com/GreenviewRegionalMultiplex)
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

No programming on statutory holidays

