

March 2023 FITNESS PROGRAMS



MON		TUES		WED		THURS		FRI		SAT	
					1		2		3		4
					- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Night Snowshoe/Hike (16+) meet @ Golf Course Parking Lot @ 5:00 pm - NEW GROOVY JAZZ (age 6-8) 5:15 - 6:00 pm - BALLET a la SECONDE (age 9-10) 6:15 - 7:00 pm		- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Tails & Trails (16+) Starts @ 1:30 pm (meet at Rec. Centre Parking Lot) - Adult Swimmer 1 (16+) 6:00 - 6:45 pm		- Morning Spin (16+) 6:15 - 7:15 am - Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am		
5	- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Happy Feet (age 3) 10:15 - 10:45 am - Twinkle Toes (age 4-5) 3:30 - 4:00 pm - Twinkle Toes (age 4-5) 4:15 - 4:45 pm - Funky Feet - Street Dance(10+) NEW TIME 6:00 - 6:45 pm - Vinyasa Yoga (16+) 6:00 - 7:00 pm - NEW DATE Adult Barre (16+) 7:00 - 8:00 pm	6	- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Lunch Swim (16+) 12:00 - 1:00 pm - Spin (16+) 5:30 - 6:30 pm - Restorative Yoga (16+) NEW TIME 7:00 - 8:00 pm	7	- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Stretch (16 +) 9:00 - 9:30 am - NEW GROOVY JAZZ (age 6-8) 5:15 - 6:00 pm - BALLET a la SECONDE (age 9-10) 6:15 - 7:00 pm	8	- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Tails & Trails (16+) Starts @ 1:30 pm (meet at Rec. Centre Parking Lot) - Adult Swimmer 1 (16+) 6:00 - 6:45 pm - Night Snowshoe/Hike (16+) meet @ Golf Course Parking Lot @ 5:00 pm	9	- Morning Spin (16+) 6:15 - 7:15 am - Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am	10	11
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26	- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Vinyasa Yoga (16+) 6:00 - 7:00 pm	27	- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Spin (16+) 5:30 - 6:30 pm - Restorative Yoga (16+) NEW TIME 7:00 - 8:00 pm	28	- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Stretch (16 +) 9:00 - 9:30 am	29	- Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am - Night Snowshoe/Hike (16+) meet @ Golf Course Parking Lot @ 5:00 pm	30	- Morning Spin (16+) 6:15 - 7:15 am - Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am	31	

FEBRUARY 2023 FITNESS PROGRAMS



MON		TUES		WED		THURS		FRI		SAT	
				1	2	3	4				
				Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am Stretch (16 +) 9:00 - 9:30 am Night Snowshoe/Hike (16+) meet @ Golf Course Parking Lot @ 5:00 pm)	Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am Tails & Trails (16+) Starts @ 1:30 pm (meet at Rec. Centre Parking Lot) Adult Swimmer 1 (16+) 6:00 - 6:45 pm	Morning Spin (16+) 6:15 - 7:15 am Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am					
5	6	7	8	9	10	11					
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19	20	21	22	23	24	25					
FAMILY DAY NO CLASSES 		Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am Restorative Yoga (16+) NEW TIME 7:00 - 8:00 pm	Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am	Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am Adult Swimmer 1 (16+) 6:00 - 6:45 pm	Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am						
26	27	28	February Fitness Challenge 10 movement sessions that are at least 30 minutes and involve water! See the customer service representative for more information on this challenge. Swim 2023 lengths in 2023. Record the number of lengths you swim and the date in the blue log book located in pool area (ask lifeguards).								
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ADULT FITNESS PROGRAMS

AQUA FITNESS/LANE SWIM

AGES: 16+

WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays, February 1 - 28 & March 1 - 31 **(Please note there will be no class on Family Day, February 20)**

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 & Thursdays from 9:00 - 10:00 am February 2, 7 & 9 and all of March! Please see aquatic schedule for other swim times on times competition, leisure pools and hot spots are open.

NIGHT SNOWSHOE/HIKE

AGES: 16+

WHEN: Thursdays, March 9, 16, 23 & 30 **TIME:** Starts at 5:00 pm

COST: No cost

Meet at the golf course parking lot on Thursdays at 5:00 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.

ADULT SWIMMER 1

AGES: 16+

WHEN: Thursdays, February 2, 9, 16 & 23, March 2, 9 & 16 **TIME:** 6:00 – 6:45 pm

COST: \$34/February & \$25.50/March

Whether you're just starting out or just want help with your strokes, our Adult program is for the young at heart - no matter what your age. Set your own goals. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness. Adult Swimmer 1 - You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training.

STRETCH

AGES: 16+

WHEN: Wednesdays, February 1 & 8, March 8, 15, 22 & 29

TIME: 9:00-9:30 am

COST: Facility rates apply

Learn basic pre and post workout stretches.

BONUS: There will be a demonstration on safety and proper usage for a piece of fitness equipment in the facility after Stretch.

ADULT BARRE NEW DATE!

AGES: 16+

WHEN: Mondays, February 27, March 6, 13 & 20

TIME: 7:00 - 8:00 pm

COST: \$32

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.

MORNING SPIN

AGES: 16+

WHEN: Fridays, February 3 & 10, March 3, 10, 17, 24 & 31

TIME: 6:15 – 7:15 am

COST: \$16/February & \$40/March (fitness drop-in rates are available for this class)

New year... why not try this.

LUNCH SWIM

AGES: 16+

WHEN: Tuesdays, February , March 7, 14 & 21

TIME: 12:00 - 1:00 pm

COST: \$8 /February, \$24/March (fitness drop-in rates are available for this class)

Tips and drills will be discussed 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 competition and leisure pools and hot spots are open.

SPIN

AGES: 16+

WHEN: Tuesdays, February 7, March 7, 14, 21 & 28

TIME: 5:30-6:30 pm

COST: \$8/February & \$32/March (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.

RESTORATIVE YOGA NEW TIME!

AGES: 16+

WHEN: Tuesdays, February 7, 14, 21 & 28, March 7, 14, 21 & 28

TIME: 7:00 - 8:00 pm

COST: \$32/February & \$32/March (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, February 2 & 9, March 2, 9, 16 & 23

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, February 6, 13 & 27 **(no class on February 20)**
March 6, 13, 20 & 27

TIME: 6:00 – 7:00 pm

COST: \$24/February & \$32/March (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 PROGRAMS

REGISTRATION FOR ALL YOUTH DANCE CLASSES

listed in the February/March Fitness calendar
will open on Monday, February 6 at 9:00 am.

GROOVY JAZZ NEW!

AGES: 6-8 years

WHEN: Wednesdays, March 1, 8, 15 & 22

TIME: 5:15 – 6:00 pm

COST: \$20

Jazz Dance is an energetic class that will incorporate techniques of classical ballet with current forms of popular dance to upbeat and fun music. This class helps increase musicality, flexibility, strength, control and confidence, while instilling a love of dance. Come get your groove on! Please have participants wear comfortable, movable clothing and bare feet or socks.

BALLET a la SECONDE

AGES: 9-10 years

WHEN: Wednesdays, March 1, 8, 15 & 22

TIME: 6:15 – 7:00 pm

COST: \$20

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

AGES: 4-5 years

WHEN: Mondays, February 27, March 6, 13 & 20

TIME: 3:30 – 4:00 pm (*1. class); 4:15 - 4:45 pm (*2. class)

COST: \$20 (1. class) & \$20 (2. class)

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!

**Two sessions per date available for this class.*

FUNKY FEET – STREET DANCE NEW TIME & NEW STARTING AGE!

AGES: 10 +

WHEN: Mondays, February 27, March 6, 13 & 20

TIME: 6:00 – 6:45 pm

COST: \$20

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

AGES: 3 years

WHEN: Mondays, February 27, March 6, 13 & 20

TIME: 10:15 – 10:45 am

COST: \$20

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!

Things happening in February...



Did you know... every Saturday at noon
meet at the labyrinth for a trail run.

See the Grande Cache Mountain Runners
on Facebook for updated information.

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 \$8.

FOR MORE INFORMATION:

Phone: 780-827-2446

Facebook: [Grande Cache Recreation Centre](#)

Website: 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](#)