

# MAY 2023 FITNESS PROGRAMS



SUN MON TUES WED THURS FRI SAT

	<p><b>1</b></p> <ul style="list-style-type: none"> <li>Indoor Walking (all ages) 8:00 am - 12:00 pm <b>NEW</b></li> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Vinyasa Yoga (16+) 6:00 - 7:00 pm</li> <li>Pickleball (all ages) 6:00 - 9:00 pm</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Indoor Walking (all ages) 8:00 am - 12:00 pm <b>NEW</b></li> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Pickleball (all ages) 10:00 am - 2:00 pm</li> <li>Lunch Swim (16+) 12:00 - 1:00 pm</li> <li>Spin (16+) 5:30 - 6:30 pm</li> <li>Pickleball (all ages) 6:00 - 9:00 pm</li> <li>Restorative Yoga (16+) 7:00 - 8:00 pm</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Indoor Walking (all ages) 8:00 am - 12:00 pm <b>NEW</b></li> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Stretch (16+) 9:00 - 9:45 am</li> <li>Pickleball (all ages) 10:00 am - 2:00 pm</li> <li>Strollin' Roller (16+) meet @ Recreation Centre Parking Lot @ 1:30 pm</li> <li>Pickleball (all ages) 6:00 - 9:00 pm</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Indoor Walking (all ages) 8:00 am - 12:00 pm <b>NEW</b></li> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> <li>Pickleball (all ages) 10:00 am - 2:00 pm</li> <li>Grande Grind (16+) <b>NEW TIME</b> Starts @ 7:00 pm (meet at cemetery)</li> <li>Lunch Vinyasa Yoga (16+) 12:00 - 1:00 pm</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>Indoor Walking (all ages) 8:00 am - 12:00 pm <b>NEW</b></li> <li>Morning Spin (16+) 6:15 - 7:15 am</li> <li>Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am</li> </ul>	<p><b>6</b></p>	
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# MAY 2023 DANCE PROGRAMS



MON TUES WED THURS FRI SAT

	<p><b>1</b></p> <ul style="list-style-type: none"> <li>Happy Feet (age 3) 10:15 - 10:45 am</li> <li>Twinkle Toes (age 4-5) 3:30 - 4:00 pm</li> <li>Twinkle Toes (age 4-5) 4:15 - 4:45 pm</li> <li>Funky Feet - Street Dance(10+) 6:00 - 6:45 pm</li> <li>Adult Barre (16+) 7:00 - 8:00 pm</li> </ul>	<p><b>2</b></p>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Groovy Jazz (age 6-8) 5:15 - 6:00 pm</li> <li>BALLET a la SECONDE (age 9-10) 6:15 - 7:00 pm</li> </ul>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p>	
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## ADULT FITNESS PROGRAMS

### AQUA FITNESS/LANE SWIM

**AGES:** 16+

**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays.

Please note there will be no class on Victoria Day May 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 (no instructor available May 11, 23, 25 or 30).

### STROLLIN' ROLLERS

**AGES:** 16+

**WHEN:** Wednesdays, May 3 & 17

**TIME:** 1:30 pm start at the Recreation Centre parking lot (1 hour walk)

**COST:** Free

Bundle up your babies and grab your strollers for this outdoor walking group. We will try to do the 5 000 steps in the hour we have. Please wear warm outdoor gear and bring adequate footwear.

### LUNCH VINYASA YOGA

**AGES:** 16+

**WHEN:** Thursdays, May 4, 11, 18 & 25

**TIME:** 12:00 – 1:00 pm

**COST:** \$32 (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.

### STRETCH

**AGES:** 16+

**WHEN:** Wednesdays, May 3 & 17

**TIME:** 9:00 - 9:45 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.

### MORNING SPIN

**AGES:** 16+

**WHEN:** Fridays, May 5 & 19

**TIME:** 6:15 – 7:15 am

**COST:** \$16 (fitness drop-in rates are available for this class)

Check this workout session off your list BEFORE most are out of bed!

### LUNCH SWIM

**AGES:** 16+

**WHEN:** Tuesdays, May 2, 9 & 16

**TIME:** 12:00 - 1:00 pm

**COST:** Facility rates apply

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, May 2, 9 & 16

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

**COST:** \$24 (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

**AGES:** 16+

**WHEN:** Tuesdays, May 2, 9, 16, 23 & 30

**TIME:** 7:00 - 8:00 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.

### GRANDE GRIND

**AGES:** 16+

**WHEN:** Thursdays, May 4 & 18

**NEW TIME:** Starts at 7:00 pm at the Cemetery

**COST:** Free

We are back meeting at the Cemetery on Thursdays at 7:00 pm to hike up the front of Grande Mountain. 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.

### VINYASA YOGA

**AGES:** 16+

**WHEN:** Mondays, May 1, 8, 15 & 29 (no class Victoria Day May 22)

**TIME:** 6:00 – 7:00 pm

**COST:** \$32 (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.

### PICKLEBALL

**AGES:** all ages

**WHEN:** Tuesdays, Wednesdays & Thursdays 10:00 am - 2:00 pm

Mondays, Tuesdays & Wednesdays 6:00 - 9:00 pm

**COST:** Facility rates apply

There are courts set up for you to experience Pickleball at the Recreation Centre. Paddles and balls are provided, sign them out and return them to front desk. Bring clean shoes and water.

Please note: Events may come up, please call 780-827-2446 to verify Pickleball is still scheduled the day you plan to come.

### NEW! INDOOR WALKING

**AGES:** all ages

**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. (no walking on statutory holidays)

**TIME:** 8:00 am – 12:00 pm

**COST:** FREE

There is a track set up for you at the recreation centre to get your daily steps in. Please wear clean shoes and bring water. Check in and out at the front desk.

### ADULT BARRE

**AGES:** 16+

**WHEN:** Mondays, April 17 - June 26 (no class May 22)

One bonus class date & time to be announced

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

**COST:** \$80

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.

## YOUTH FITNESS PROGRAMS

Please note:

There are a few spots available for some of the dance classes. All dance classes run until the end of June 2023!

### GROOVY JAZZ

**AGES:** 6-8 years

**WHEN:** Wednesdays, April 19 - June 28 (no class May 10)

One bonus class date & time to be announced

**TIME:** 5:15 – 6:00 pm

**COST:** \$50

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/sock feet.

### BALLET a la SECONDE

**AGES:** 9-10 years

**WHEN:** Wednesdays, April 19 - June 28 (no class May 10)

One bonus class date & time to be announced

**TIME:** 6:15 – 7:00 pm

**COST:** \$50

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, April 17 - June 26 (no class May 22)

One bonus class/each, date & time to be announced

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

**COST:** \$50 (1. class) & \$50 ( 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

**AGES:** 10 +

**WHEN:** Mondays, April 17 - June 26 (no class May 22)

One bonus class date & time to be announced

**TIME:** 6:00 – 6:45 pm

**COST:** \$50

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, April 17 - June 26 (no class May 22)

One bonus class date & time to be announced

**TIME:** 10:15 – 10:45 am

**COST:** \$50

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!

## Free Zoom Presentation on Osteoporosis & Bone Health at the Grande Cache Recreation Centre

**DATE:** Monday, May 8, 2023

**TIME:** 1:15 - 3:00 pm

Please register at the front desk.

### 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](http://www.mdgreenview.ab.ca)

### WAYS TO REGISTER:

- Online:** <https://app.booking.ca/grandecacherecentrepub/index.asp>
- By Phone:** 780-827-2446
- In Person** at [Grande Cache Recreation Centre](#)

