

## YOUTH FITNESS CENTRE ORIENTATIONS

**AGE:** 14-17yrs

**DATES:** Weekdays

**TIME:** 3:00 pm – 4:30 pm\*

**MEMBER:** FREE

**NON-MEMBER:** Daily Drop-in Rate

**LOCATION:** Fitness Centre

Did you know? Youth ages 14-17yrs are required to attend a mandatory orientation prior to utilizing the Fitness Centre. The Orientation will provide participants with the basics of using the weight machines, cardio equipment, machine adjustments, and facility guidelines.

*\*Please note, orientations are available outside this timeframe. To schedule an orientation, please contact Customer Service or the Fitness Programmer.*

## ZUMBA

**AGES:** 14+

### GROUP A

**DATES:** Mondays, September 11 – October 30, 2023  
(No Class October 9) 7 Sessions

### GROUP B

**DATES:** Wednesdays, September 13 – October 25, 2023 7 Sessions

**TIME:** 5:00 pm – 6:00 pm

**MEMBER:** \$56.00

**NON-MEMBER:** \$70.00

**LOCATION:** Fitness Studio

Take the “work” out of workout by mixing low & high-intensity moves for an interval-style, calorie-burning, Dance Fitness Party. Once the Latin & World Rhythms take over, you’ll see why Zumba Fitness is often called exercise in disguise. Super Effective, Super Fun!

**Pre-registration required.**

**Minimum: 6 participants for program to be offered.**

**Phone: (780) 524-4097**

**[www.mdgreenview.ab.ca](http://www.mdgreenview.ab.ca)**



## GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS SEPTEMBER 2023

### SIT & BE FIT!

**AGE:** 14+

**DATES:** Wednesdays, September 20 – October 25, 2023 – 6 Sessions

**TIME:** 10:00 am – 10:45 am

**MEMBER:** FREE

**NON-MEMBER:** Daily Drop-in Rate

**LOCATION:** Fitness Studio

This 45 min class of chair exercise is a gentle workout with yoga-inspired exercises. Extension, stretching and core strengthening. This class is a full body brain game!

### GENTLE YOGA

**AGES:** 14+

#### GROUP A

**DATES:** Mondays, September 11 – October 30, 2023  
(No Class October 9) 7 Sessions

#### GROUP B

**DATES:** Wednesdays, September 13 – October 25, 2023 7 Sessions

**TIME:** 6:15 pm - 7:15 pm

**LOCATION:** Fitness Studio

**MEMBER:** \$56.00

**NON-MEMBER:** \$70.00

In this 60-minute class, we introduce Hatha Yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind.

