

GENTLE YOGA

AGES: 14+

GROUP A

DATES: Mondays, November 6 - December 18, 2023

(No Class November 13) - 6 Sessions

TIME: 6:15 pm - 7:15 pm

MEMBER: \$48.00

NON-MEMBER: \$60.00

LOCATION: Fitness Studio

GROUP B

DATES: Wednesdays, November 1 - December 20, 2023

8 Sessions

TIME: 6:15 pm - 7:15 pm

MEMBER: \$64.00

NON-MEMBER: \$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.

ZUMBA

AGES: 14+

GROUP A

DATES: Mondays, November 6 - December 11, 2023

(No Class November 13) - 5 Sessions

TIME: 5:00 pm - 6:00 pm

MEMBER: \$40.00

NON-MEMBER: \$50.00

LOCATION: Fitness Studio

GROUP B

DATES: Wednesdays, November 1 - December 13, 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!

SIT & BE FIT!

AGE: 14+

DATES: Wednesdays, November 1 - December 6, 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!



STRONG! NEW PROGRAM!

AGE: 14+

DATES: Saturdays, November 4 - December 6, 2023

(No class on November 11 & 18, 2023) - 4 Sessions

TIME: 9:15 am - 10:15 am

MEMBER: \$32.00

NON-MEMBER: \$40.00

LOCATION: Fitness Studio

Stop counting the reps. Start training to the beat. Strong Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to the last rep, and maybe even five more!

EVENING BODYWORKS!

AGE: 14+

DATES: Thursdays, November 16 - December 14, 2023

5 Sessions

TIME: 6:00 pm - 7:00 pm

MEMBER: FREE

NON-MEMBER: Daily 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: 6 participants for program to be offered.

Phone: (780) 524-4097

www.mdgreenview.ab.ca



GREENVIEW REGIONAL MULTIPLEX FITNESS CENTRE SERVICES

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.*

CERTIFIED PERSONAL TRAINING SERVICE

Whether you're a newcomer to the gym, seeking to enhance your understanding of various exercises, simply interested in having your posture and form evaluated, or in search of a structured and accountable fitness plan, schedule a FREE consultation today!

ONE-ON-ONE PERSONAL TRAINING COST:

\$45.00 - 1 session

\$130.00 - 3 sessions

\$215.00 - 5 sessions

\$415.00 - 10 sessions

SMALL GROUP TRAINING COST:

(max. 2 participants)

\$65.00 - 1 session

\$180.00 - 3 sessions

\$275.00 - 5 sessions

\$500.00 - 10 sessions

SENIOR FITNESS CENTRE ORIENTATION

AGES: 60+

DATES: Tuesdays

TIME: 11:00 am - 12:00 pm

LOCATION: Fitness Centre

MEMBER: FREE

NON-MEMBER: Daily Drop-in Rate

NOTE: Free Membership for Seniors 70+

Join us for a complimentary fitness center orientation tailored specifically for seniors. Discover a welcoming and inclusive environment where our experienced trainers will introduce you to the equipment, exercises, and safety tips designed to help you achieve your fitness goals while prioritizing your health and well-being.

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

EASY WAYS TO REGISTER:

1. By phone: 780.524.4097
2. In Person: 4803-56 Avenue, Valleyview, AB
3. Online Registration:
<https://app.univerusrec.com/grmpub/index.asp>

Pre-registration required.

Minimum: 6 participants for program to be offered.

Phone: (780) 524-4097

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For more information, please contact our friendly Customer Service Representatives at 780.524.4097.

