

DECEMBER 2023 FITNESS PROGRAMS



SUN	MON	TUES	WED	THURS	FRI	SAT
					<input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am	1 2
3 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Hike/Shoe at Lunch (16+) 12:00 - 1:00 pm <input type="checkbox"/> Vinyasa Yoga (16+) 6:00 - 7:00 pm	4 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Parent/Infant Water Workout (babies 6-18 months) 9:45 - 10:30 am <input type="checkbox"/> Wheels & Weights (16+) 5:30 - 6:30 pm <input type="checkbox"/> Restorative Yoga (16+) 7:00 - 8:00 pm	5 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Parent/Infant Water Workout (babies 6-18 months) 9:45 - 10:30 am <input type="checkbox"/> Wheels & Weights (16+) 5:30 - 6:30 pm <input type="checkbox"/> Restorative Yoga (16+) 7:00 - 8:00 pm	6 <input type="checkbox"/> Wake up to Weights (16+) 6:15 - 7:15 am <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Stretch (16+) 9:00 - 9:45 am <input type="checkbox"/> Strollin' Rollers meet @ Recreation Centre Parking Lot @ 12:00 pm <input type="checkbox"/> Stand Up Paddleboard Yoga (16+) 8:00 - 9:00 pm	7 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Lunch Vinyasa Yoga (16+) 12:00 - 1:00 pm	8 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am	9
10 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Hike/Shoe at Lunch (16+) 12:00 - 1:00 pm <input type="checkbox"/> Vinyasa Yoga (16+) 6:00 - 7:00 pm	11 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Hike/Shoe at Lunch (16+) 12:00 - 1:00 pm <input type="checkbox"/> Vinyasa Yoga (16+) 6:00 - 7:00 pm	12 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Parent/Infant Water Workout (babies 6-18 months) 9:45 - 10:30 am <input type="checkbox"/> Wheels & Weights (16+) 5:30 - 6:30 pm <input type="checkbox"/> Restorative Yoga (16+) 7:00 - 8:00 pm	13 <input type="checkbox"/> Wake up to Weights (16+) 6:15 - 7:15 am <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Stretch (16+) 9:00 - 9:45 am <input type="checkbox"/> Strollin' Rollers meet @ Recreation Centre Parking Lot @ 12:00 pm <input type="checkbox"/> Stand Up Paddleboard Yoga (16+) 8:00 - 9:00 pm	14 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Lunch Vinyasa Yoga (16+) 12:00 - 1:00 pm	15 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am	16
17 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Hike/Shoe at Lunch (16+) 12:00 - 1:00 pm	18 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Parent/Infant Water Workout (babies 6-18 months) 9:45 - 10:30 am <input type="checkbox"/> Wheels & Weights (16+) 5:30 - 6:30 pm <input type="checkbox"/> Restorative Yoga (16+) 7:00 - 8:00 pm	19 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Parent/Infant Water Workout (babies 6-18 months) 9:45 - 10:30 am <input type="checkbox"/> Wheels & Weights (16+) 5:30 - 6:30 pm <input type="checkbox"/> Restorative Yoga (16+) 7:00 - 8:00 pm	20 <input type="checkbox"/> Wake up to Weights (16+) 6:15 - 7:15 am <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Stretch (16+) 9:00 - 9:45 am <input type="checkbox"/> Strollin' Rollers meet @ Recreation Centre Parking Lot @ 12:00 pm <input type="checkbox"/> Stand Up Paddleboard Yoga (16+) 8:00 - 9:00 pm	21 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am <input type="checkbox"/> Lunch Vinyasa Yoga (16+) 12:00 - 1:00 pm	22 <input type="checkbox"/> Aqua Fitness/Lane Swim (16+) 9:00 - 10:30 am	23
24 CHRISTMAS EVE FACILITY HOURS 9:00 AM TO 4:00 PM	25 CHRISTMAS DAY FACILITY CLOSED MERRY CHRISTMAS	26 BOXING DAY FACILITY HOURS 12:00 PM TO 8:00 PM	27 FACILITY HOURS 9:00 AM TO 9:00 PM	28 FACILITY HOURS 9:00 AM TO 9:00 PM	29 FACILITY HOURS 9:00 AM TO 9:00 PM	30/31 FACILITY HOURS DEC. 30 10AM-8PM DEC. 31 10AM-4PM

WAKE UP TO WEIGHTS

AGES: 16+

WHEN: Wednesdays, December 6, 13 & 20

TIME: starts at 6:15 am (class times average 1 hour)

COST: included with Membership

Join in this class to learn free weight and bodyweight exercises to build muscle and gain strength.

AQUA FITNESS/LANE SWIM

AGES: 16+

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

No aqua fit/lane swim class December 25, 26 & 27, 28 or 29

TIME: 9:00 – 10:30 am

COST: included with Membership

A water class for all ages and abilities. Low impact exercises with a selection of pool equipment work a variety of muscle groups. An instructor will be available Tuesdays and Thursdays from 9:00 -10:00 am.

PARENT/INFANT WATER WORKOUT

AGES: 6 - 18 months and participating parent

WHEN: Tuesdays, December 5, 12 & 19

TIME: 9:45 - 10:30 am

COST: included with Membership

This is an aquafit class with your infant. It is a fun way for you to get a full body workout while babies aged 6-18 months get water exposure. You both get to socialize with other families. Here are a few tips... to save last-minute scrambling and stress:

- pack up as much as possible the evening before
- Baby supplies, extra diapers, etc.
- Baby swim diaper and swimsuit, two towels.

Change baby FIRST after class. The air will feel cool when you return to the changing room after class. Most parents focus on getting babies into warm and dry clothes and then change themselves.

Don't stress, and just go. Whatever happens, take a deep breath and think of all the benefits of getting out and exercising with your baby. It's not always smooth, but it's always worth it to improve your physical, mental and social health. You will both get the hang of it soon!

STROLLIN' ROLLERS

AGES: 16+

WHEN: Wednesdays, December 6, 13 & 20

TIME: 12:00 pm start at the Recreation Centre parking lot (1 hr. walk)

COST: included with Membership

This is a social outdoor stroller-pushing walking group that is inspiring, motivating and fun. We will try to do the 5 000 steps in the hour we have. Please wear adequate footwear and dress you and your little one for the weather.

LUNCH VINYASA YOGA

AGES: 16+

WHEN: Thursdays, December 7, 14 & 21

TIME: 12:00 – 1:00 pm

COST: \$24 (fitness drop-in rates are available for this class)

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. This program will be held in the Fitness Program's Room and is another great activity you can participate in during your lunch break.

HIKE/SHOE AT LUNCH

AGES: 16+

WHEN: Mondays, December 4, 11 & 18

TIME: 12:00 – 1:00 pm

COST: included with Membership

Walking is an ideal way to improve physical and emotional health safely. It can help you with:

- Fitness and weight loss
- Anxiety and depression
- Cardio health
- Relaxation

We will be meeting at the recreation centre and going from there. Some adventures are outside Hamlet Boundaries, so transportation is a requirement. Please wear adequate footwear for terrain that is muddy, rocky and uneven.

STRETCH

AGES: 16+

WHEN: Wednesdays, December 6, 13 & 20

TIME: 9:00 - 9:45 am

COST: included with Membership

Take some time to work on your physical and mental health with this stretching and breathing class.

WHEELS & WEIGHTS

AGES: 16+

WHEN: Tuesdays, December 5, 12 & 19

TIME: 5:30 - 6:30 pm

COST: included with Membership

Get a full workout with hills, sprints, and jumps for the ultimate fat-torching indoor cycling workout mixed with body and free weighted exercises.

VINYASA YOGA

AGES: 16+

WHEN: Mondays, December 4, 11

TIME: 6:00 – 7:00 pm

COST: \$16 (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.

RESTORATIVE YOGA

AGES: 16+

WHEN: Tuesdays, December 5, 12 & 19

TIME: 7:00 - 8:00 pm

COST: \$24 (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.

SUP (Stand Up Paddleboard) YOGA*

AGES: 16+

WHEN: Wednesdays, December 6, 13 & 20

TIME: 8:00 - 9:00 pm

COST: \$24 (fitness drop-in rates are available for this class)

Stand-Up Paddleboard (SUP) Yoga is not only a challenge on your physical practice, but it also requires you to increase your awareness and mindfulness. Even for advanced yogis, taking your practice to the water will shine light on your routine in a whole new way. If drop-in for this class, the availability of paddleboards may be challenging due to paddleboard numbers. Please note... yogis can also practice on the pool deck. Bring a yoga mat and a towel.

Registration for SUP Yoga opens online and in person on Wednesday, November 29, 2023 at 6:00 pm.

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. Gym orientations can also be set up with the fitness coordinator. Please contact 780-827-2446 ext. 2119 for more information.

Fitness drop-in rates are \$8.

THINGS HAPPENING IN DECEMBER..

- **December 3:** The Griswold Family Christmas Tree Hunt
 - At the Firemen's Pit Road: 2:00 - 4:00 pm
- **Christmas Holiday Facility Hours:**
 - Dec. 24, 9:00 am - 4:00 pm
 - Dec. 25, facility is closed all day
 - Dec. 26, 12:00 pm - 8:00 pm
 - Dec. 27, 28 & 29, 9:00 am - 9:00 pm
 - Dec. 30, 10:00 am - 8:00 pm
 - Dec. 31, 10:00 am - 4:00 pm
 - Jan. 1, 12:00 pm - 8:00 pm

FOR MORE INFORMATION:

Phone: 780-827-2446

Facebook: [Grande Cache Recreation Centre](https://www.facebook.com/grandecacherecreationcentre)

Website: www.mdgreenview.ab.ca

WAYS TO REGISTER:

1. **Online:** <https://app.booking.ca/grandecacherecreationcentrepub/index.asp>
2. **In Person at** [Grande Cache Recreation Centre](https://www.mdgreenview.ab.ca)

