

ZUMBA

AGES: 14+

GROUP A

DATES: Mondays, January 22 - February 26, 2024
(No Class February 19, 2024) - 5 Sessions

TIME: 5:00 pm – 6:00 pm

MEMBER: \$40.00

NON-MEMBER: \$50.00

LOCATION: Fitness Studio

GROUP B

DATES: Wednesdays, January 24 - February 28, 2024
6 Sessions

TIME: 5:00 pm – 6:00 pm

MEMBER: \$48.00

NON-MEMBER: \$60.00

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!

GENTLE YOGA

AGES: 14+

GROUP A

DATES: Mondays, January 22 - February 26, 2024
(No Class February 19, 2024) - 5 Sessions

TIME: 6:15 pm - 7:15 pm

MEMBER: \$40.00

NON-MEMBER: \$50.00

LOCATION: Fitness Studio

GROUP B

DATES: Wednesdays, January 24 - February 28, 2024
6 Sessions

TIME: 6:15 pm - 7:15 pm

MEMBER: \$48.00

NON-MEMBER: \$60.00

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.

SIT & BE FIT!

AGE: 14+

DATES: Wednesdays, January 10 - February 28, 2024

8 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!



MORNING BODYWORKS

AGES: 14+

DATES: Tuesdays, January 23 - February 27, 2024
6 Sessions

TIME: 10:00 am - 11:00 am

LOCATION: Fitness Studio

MEMBER: FREE

NON-MEMBER: Daily Drop-in Rate

NOTE: Free Membership for Seniors 70+

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.

EVENING BODYWORKS!

AGE: 14+

DATES: Thursdays, January 18 - February 29, 2024
7 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



REVOLUTION SPIN

AGE: 14+

DATES: Thursdays, January 25 - February 29, 2024

6 Sessions

TIME: 7:15 pm – 8:00 pm

MEMBER: \$48.00

NON-MEMBER: \$60.00

LOCATION: Fitness Studio

Revolution Spin is a classic indoor cycling class is adaptable to all fitness levels. Our adjustable-resistance spin bikes place the participants in control, allowing riders to easily pick the level of intensity that they feel most comfortable with.

Revolution Spin focuses on cycling exercise basics, aerobic endurance conditioning and aerobic interval training making this the perfect class for beginners.

Limited Spots Available

STRONG!

AGE: 14+

DATES: Saturdays, January 13 & 27, February 3 & 10, 2024

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!

Pre-registration required.

Minimum: 6 participants for program to be offered.

Phone: (780) 524-4097

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FEBRUARY 24, 2024
STARTING
AT 9:00 AM

15 MINUTES SWIM

15 MINUTES BIKE

15 MINUTES RUN

REGISTER INDIVIDUALLY OR AS A TEAM*
YOUTH (AGE 15-17) \$40.00
ADULT (AGE 18+) \$60.00

*When registering a team payment for all teammates is required at the time of registration.

EARLY REGISTRATION DEADLINE (GUARANTEED SHIRT) FEBRUARY 8, 2024.
REGISTRATION DEADLINE FOR THE TRIATHLON IS FEBRUARY 15, 2024.

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. Please discuss with Fitness Programmer alternate times available.*

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>

