




## GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2024

# MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					<sup>1</sup> Wake up to Weights 6:15 - 7:15 am Aqua Fitness/Lane Swim 9:00 - 10:30 am	<sup>2</sup> Bike "Barre" 10:30am - 11:30am
<sup>3</sup>	<sup>4</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Hike/Shoe at Lunch Meet at 11am Recreation Centre Vinyasa Yoga 6:00 - 7:00 pm	<sup>5</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Restorative Yoga 7:00 - 8:00 pm	<sup>6</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch 9:00 - 9:45 am Stand Up Paddleboard Yoga 8:00 - 9:00 pm	<sup>7</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Vinyasa Yoga 12:00 - 1:00 pm	<sup>8</sup> Wake up to Weights 6:15 - 7:15 am Aqua Fitness/Lane Swim 9:00 - 10:30 am	<sup>9</sup> Bike "Barre" 10:30am - 11:30am
<sup>10</sup> Spin & Swim 4:00 - 5:00 pm	<sup>11</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Vinyasa Yoga 6:00 - 7:00 pm	<sup>12</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Restorative Yoga 7:00 - 8:00 pm	<sup>13</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch 9:00 - 9:45 am Stand Up Paddleboard Yoga 8:00 - 9:00 pm	<sup>14</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Vinyasa Yoga 12:00 - 1:00 pm	<sup>15</sup> Wake up to Weights 6:15 - 7:15 am Aqua Fitness/Lane Swim 9:00 - 10:30 am	<sup>16</sup>
<sup>17</sup> Spin & Swim 4:00 - 5:00 pm	<sup>18</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Hike/Shoe at Lunch Meet at 11am Recreation Centre Vinyasa Yoga 6:00 - 7:00 pm	<sup>19</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Restorative Yoga 7:00 - 8:00 pm	<sup>20</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch 9:00 - 9:45 am Stand Up Paddleboard Yoga 8:00 - 9:00 pm	<sup>21</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Vinyasa Yoga 12:00 - 1:00 pm	<sup>22</sup> Wake up to Weights 6:15 - 7:15 am Aqua Fitness/Lane Swim 9:00 - 10:30 am	<sup>23</sup>
<sup>24/31</sup>	<sup>25</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Hike/Shoe at Lunch Meet at 11am Recreation Centre Vinyasa Yoga 6:00 - 7:00 pm	<sup>26</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Restorative Yoga 7:00 - 8:00 pm	<sup>27</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch 9:00 - 9:45 am Stand Up Paddleboard Yoga 8:00 - 9:00 pm	<sup>28</sup> Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Vinyasa Yoga 12:00 - 1:00 pm	<sup>29</sup> Good Friday Statutory Holiday 	<sup>30</sup>



# GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2024

# MARCH

## WAKE UP TO WEIGHTS

**AGES:** 16+

**WHEN:** Fridays, March 1, 8, 15 & 22

**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 No aqua fit/lane swim March 28 (Thursday), 29 (Good Friday) or 30 (Easter Monday).

**TIME:** 9:00 – 10:30 am

**COST:** included with Membership

Pools are available for low impact exercises with a selection of pool equipment allowing you to 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, March 5, 12, 19 & 26

**TIME:** 9:45 - 10:30 am

**COST:** included with Membership

This is an aqua fitness class for you with your infant. It is a fun way for you to get a full body workout while babies get water exposure. You both get to socialize with other families.

## NEW BIKE “BARRE”

**AGES:** 16+

**WHEN:** Saturdays, March 2 & 9

**TIMES:** 10:30am – 11:30am

**COST:** Included with membership

Join us for this fun Spin and Barre combo class! Get that heart rate pumping & legs burning on the bike...then continue to push those hard-working muscles with a dynamic full body workout and stretch. This class is perfect for those looking to train for the upcoming Indoor Triathlon on April 5!

## LUNCH VINYASA YOGA

**AGES:** 16+

**WHEN:** Thursdays, March 7, 14, 21 & 28

**TIME:** 12:00 – 1:00 pm

**COST:** \$32 (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.

## NEW SPIN & SWIM

**AGES:** 16 +

**WHEN:** Sundays March 10 & March 17

**TIMES:** 4:00pm -5:00pm

**COST:** Included with membership

Go for a lung and leg burn on the spin bike then jump in the pool for a swim workout. Goggles are recommended for swimming in the competition pool.

This class is a great addition for those training for the upcoming Indoor Triathlon on April 5!

## HIKE/SHOE AT LUNCH

**AGES:** 16+

**WHEN:** Mondays, March 4, 18 & 25 no hike March 11

**NEW TIME:** Starts at 11:00 am

**COST:** included with Membership

Walking is an ideal way to improve physical and emotional health safely. 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. Meet at the Rec Centre.

## STRETCH

**AGES:** 16+

**WHEN:** Wednesdays, March 6, 13, 20 & 27

**TIME:** 9:00 - 9:45 am

**COST:** included with Membership

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

## WHEELS & WEIGHTS

**AGES:** 16+

**WHEN:** Tuesdays, March 5, 12, 19 & 26

**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, March 4, 11, 18 & 25

**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.

## RESTORATIVE YOGA

**AGES:** 16+

**WHEN:** Tuesdays, March 5, 12, 19 & 26

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

**COST:** \$32 (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, March 6, 13, 20 & 27

**TIME:** 8:00 - 9:00 pm

**COST:** \$32 (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.

## Greenview Indoor Triathlon

**WHEN:** Friday, April 5, 2024

Join us for our first annual Personal Best Grande Cache Recreation Centre Indoor Triathlon. For more information contact the Fitness Coordinator at [kelly.neufeld@mdgreenview.ab.ca](mailto:kelly.neufeld@mdgreenview.ab.ca). Registration deadline is March 26, 2024 at 9:00am.

**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 or [Kelly.Neufeld@mdgreenview.ab.ca](mailto:Kelly.Neufeld@mdgreenview.ab.ca) for more information. Drop-in rates for Yoga are \$8.

## FOR MORE INFORMATION:

**Phone:** 780-827-2446

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

**Facebook:** Grande Cache Recreation Centre

## WAYS TO REGISTER:

**1. Online:**

<https://app.booking.ca/grandecacherecencentrepub/index.asp>

**2. In Person:** at Grande Cache Recreation Centre