



# GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2024



## ZUMBA

**AGES:** 14+

**GROUP A - 8 Sessions (No class April 1, 2024)**

**WHEN:** Mondays, March 4 - April 29, 2024

**TIME:** 5:00 - 6:00 pm

**COST:** \$64.00

**LOCATION:** Fitness Studio

## GROUP B - 8 Sessions

**WHEN:** Wednesdays, March 6 - April 24, 2024

**TIME:** 5:00 - 6:00 pm

**COST:** \$64.00

**LOCATION:** Fitness Studio

Take the "work" out of workout by mixing low & high-intensity moves for an interval-style, calorie-burning, Dance Fitness Party. Super Effective, Super Fun!

## GENTLE YOGA

**AGES:** 14+

**GROUP A - 8 Sessions (No class April 1, 2024)**

**WHEN:** Mondays, March 4 - April 29, 2024

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

**COST:** \$64.00

**LOCATION:** Fitness Studio

## GROUP B - 8 Sessions

**WHEN:** Wednesdays, March 6 - April 24, 2024

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

**COST:** \$64.00

**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.

## LUNCH CRUNCH 6 Sessions

**AGES:** 14+

**WHEN:** Tuesdays, March 5 - April 9, 2024

**TIME:** 12:15 - 12:45 pm

**COST:** Free with Membership or Daily Drop-in Rate

**LOCATION:** Fitness Studio

Join us for a 45-min upbeat fitness class that will get your body moving and help you power through the rest of the workday!

## SIT & BE FIT 6 Sessions

(No Class on March 20, 2024)

**AGES:** 14+

**WHEN:** Wednesdays, March 6 - April 17, 2024

**TIME:** 10:00 - 10:45 am

**COST:** Free with Membership or 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; a full body brain game.

## EVENING BODYWORKS 7 Sessions

**AGES:** 14+

**WHEN:** Thursdays, March 7 - April 18, 2024

**TIME:** 6:00 - 7:00 pm

**COST:** Free with Membership or Daily Drop-in Rate

**LOCATION:** Fitness Studio

Make your body work for you! Bodyworks class brings strength, cardio, and core training together for an energetic, full-body workout.

## REVOLUTION SPIN 7 Sessions

(No class March 14, 2024)

**AGES:** 14+

**WHEN:** Thursdays, March 7 - April 25, 2024

**TIME:** 7:15 - 8:00 pm

**COST:** \$56.00

**LOCATION:** Fitness Studio

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

**\*Limited Spots Available\***

## STRONG 7 Sessions (No class March 30, 2024)

**AGES:** 14+

**WHEN:** Saturdays, March 9 - April 27, 2024

**TIME:** 9:15 - 10:15 am

**COST:** \$56.00

**LOCATION:** Fitness Studio

Stop counting the reps. Start training to the beat. Every squat, every lunge, every burpee is driven by the music, helping you make it to the last rep in this upbeat class.

M  
A  
R  
C  
H  
&  
A  
P  
R  
I  
L

## WAYS TO REGISTER:

### 1. Online:

<https://app.univerusrec.com/grmpub/index.asp>

2. In Person: at Greenview Regional Multiplex,  
4803 56th Avenue, Valleyview, AB, T0H3N0

## FOR MORE INFORMATION:

**Phone:** 780-524-4097

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

**Facebook:** [Greenview Regional Multiplex](https://www.facebook.com/GreenviewRegionalMultiplex)





# GREENVIEW REGIONAL MULTIPLEX FITNESS SERVICES 2024



## YOUTH FITNESS CENTRE ORIENTATIONS

**AGES:** 14 - 17 years

**WHEN:** Tuesdays & Thursdays

**TIME:** 3:00 - 4:30 pm

**COST:** Free

**LOCATION:** Fitness Centre

Did you know? Youth ages 14-17 years 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.

**\*Fitness Centre Orientations are available outside the schedule above. Please discuss with a Fitness Programmer for an alternate time.**

## 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

### TWO PEOPLE TRAINING COST:

- \$ 65.00 - 1 session
- \$ 180.00 - 3 sessions
- \$ 275.00 - 5 sessions
- \$ 500.00 - 10 sessions

## SENIOR FITNESS CENTRE ORIENTATIONS

**AGES:** 60+

**WHEN:** Tuesdays

**TIME:** 11:00 am - 12:00 pm

**COST:** Free with Membership or Daily Drop-in Rate

**LOCATION:** Fitness Studio

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.**

## CHILDMIND CARE SERVICE

**AGES:** 6 month - 10 years

**WHEN:** Mondays - Fridays

**MORNING HOURS:** 9:00 - 11:00 am

**EVENING HOURS:** 5:00 - 8:00 pm

**COST:** \$5.00/child per hours

**LOCATION:** Indoor Play Area

- Please bring a healthy snack, water, socks, indoor shoes and a labelled bag with extra clothes.
- Childmind rates are not included in membership rates. Childmind must be pre-registered and pre-paid for before using childmind services.
- Punch Passes available for purchase.
- Service does not run on Stat Holidays.

### Reservations

Reservations can only be made by calling the Customer Service Representatives during operating hours or in person. Greenview Regional Multiplex members can book in advance to reserve their space. Members registered for programs or lessons have priority space. Non-members and drop-ins can book a day in advance. All cancellations must be done within 24 hours of booking. Space is limited and filled on a first come first serve basis.

### Drop-in

Drop-in spaces may be available every day on a first-come, first-serve based on availability. However, if you choose to drop in, please note space may not be available as staffing is determined by pre-registering space. It is recommended that you call ahead to confirm space is available.

M  
A  
R  
C  
H  
  
&  
  
A  
P  
R  
I  
L

## WAYS TO REGISTER:

### 1. Online:

<https://app.univerusrec.com/grmpub/index.asp>

2. **In Person:** at Greenview Regional Multiplex,  
4803 56th Avenue, Valleyview, AB, T0H3N0

## FOR MORE INFORMATION:

**Phone:** 780-524-4097

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

**Facebook:** [Greenview Regional Multiplex](#)