





GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2024

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch 9:00 - 9:45 am Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Grande Grind 5:30pm (meet at the cemetery)	2 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Vinyasa Yoga 12:00 - 1:00 pm	3 Aqua Fitness/Lane Swim 9:00 - 10:30 am	4 NEW TIMES (this day ONLY!) Step It Up! 10-10:45 Am Flex-Appeal 11-11:45 am ***** Family Walk a Trail 2-4 pm (meet at Rec Centre) *****
5	6 Aqua Fitness/Lane Swim 9:00 - 10:30 am Morning Climb 11:00am (meet at cemetery) ***** Osteoporosis & Bone Health Presentation 1:15-2:30 pm ***** Vinyasa Yoga 6:00 - 7:00 pm	7 Pickleball 6:00 am - 9:00 pm 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	8 Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch 9:00 - 9:45 am Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Grande Grind 5:30pm (meet at the cemetery)	9 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Vinyasa Yoga 12:00 - 1:00 pm	10 Aqua Fitness/Lane Swim 9:00 - 10:30 am	11
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19	20 	21 Pickleball 6:00 am - 9:00 pm 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	22 Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch 9:00 - 9:45 am Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Grande Grind 5:30pm (meet at the cemetery)	23 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Vinyasa Yoga 12:00 - 1:00 pm	24 Aqua Fitness/Lane Swim 9:00 - 10:30 am Step It Up! 5:30-6:15pm Flex-Appeal 7:00-7:45pm	25
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MAY

AQUA FITNESS/LANE SWIM

AGES: 16+
WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays.
No aqua fitness/lane swim May 20 (Victoria Day), 30 or 31 (annual pool cleaning/maintenance)
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 with participating parent
WHEN: Tuesdays, May 7, 14, 21 & 28
TIME: 9:45 - 10:30 am
COST: Included with membership.
Let's dive into a fantastic aquafit class together, you and your little one! It's more than just a workout—it's a chance for both of you to splash around, stay active, and connect with other families. Get ready for a blend of fitness and fun in the water!

FLEX-APPEAL

AGES: 16 +
WHEN: Fridays, May 17, 24 & 31
TIMES: 7:00 - 7:45 pm
COST: Included with membership.
Start the weekend limber! Focus on increasing your flexibility and help develop your muscles after your workout with this activating stretch. Did you know that stretching not only helps prevent soreness, but it will increase your workout performance? In this class expect to feel all the sensations!
One day only... Saturday, May 4, 11-11:45 am!!!

LUNCH VINYASA YOGA

AGES: 16+
WHEN: Thursdays, May 2, 9, 16, 23 & 30
TIME: 12:00 – 1:00 pm
COST: \$40 (yoga 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 a great activity you can participate in during your lunch break.

MORNING CLIMB

AGES: 16+
WHEN: Mondays, May 6 & 13 only!
TIME: 11:00 am start at the cemetery
COST: Included with membership.
Meet at the cemetery to adventure up one of the beautiful mountains that surround us. Please wear adequate footwear for the challenging terrain that is muddy, rocky and uneven.

PICKLEBALL

AGES: all ages
WHEN: Tuesdays & Wednesdays
TIMES: 6:00 am - 9:00 pm
COST: Included with membership.
There are courts set up for you to experience Pickleball at the Recreation Centre. Paddles and balls are provided, sign them out and return them to Customer Service. Bring clean shoes and water.

STEP IT UP!

AGES: 16+
WHEN: Fridays, May 17, 24 & 31
TIME: 5:30 - 6:15pm
COST: Included with membership.
It's back! Welcome to your fun, up-lifting full body workout. In this beginner class you can expect upbeat rhythmic choreographed step patterns that build stamina, burn fat, tone up your legs, and work your core all while moving to the music. This is a new class for the instructor. Get ready to sweat!
One day only... Saturday, May 4, 10-10:45 am!!!

STRETCH

AGES: 16+
WHEN: Wednesdays, May 1, 8, 15, 22 & 29
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, May 7, 14, 21 & 28
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, May 6, 13 & 27
TIME: 6:00 – 7:00 pm
COST: \$24 (yoga 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, May 7, 14, 21 & 28
TIME: 7:00 - 8:00 pm
COST: \$32 (yoga 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.

STROLLIN' ROLLERS

AGES: 0-5 yrs
WHEN: Wednesdays, May 1, 8, 15, 22 & 29
TIME: 11:00am – 12:00 pm meet at the Recreation Centre
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. There may be some park visits during the walks allowing your little ones some time to stretch their legs.

GRANDE GRIND

AGES: 16+
WHEN: Wednesdays, May 1, 8, 15, 22 & 29
TIME: starts at 5:30 pm
COST: Included with membership.
Meet at the cemetery for this great heart pumping lung busting hike up the famous Grande Mountain (at least part of it)! There are steep hills that are challenging to climb so please wear adequate footwear and gear. Bring water and a small snack. Please note... hikes average one hour but may go over.

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 for more information. Drop-in rates for Yoga are \$8.

FOR MORE INFORMATION:

Phone: 780-827-2446
Website: www.mdgreenview.ab.ca
Facebook: [Grande Cache Recreation Centre](https://www.facebook.com/GrandeCacheRecreationCentre)

WAYS TO REGISTER:

- 1. Online:** <https://app.booking.ca/grandecacherecencentrepub/index.asp>
- 2. In Person:** at Grande Cache Recreation Centre

Free Presentation about Osteoporosis and Bone Health!
Join us and learn what you can do to maintain a healthy bone structure and osteoporosis.

Date: Monday, May 6, 2024

Time: 1:15 pm - 3:00 pm

Location: Grande Cache Recreation Centre

Please contact the Grande Cache Recreation Centre at 780.827.2446 to register.

GRANDE CACHE RECREATION CENTRE
FAMILY WALK A TRAIL DAY
Saturday, May 4, 2024
From 2:00 pm - 4:00 pm

Please wear weather-appropriate shoes and outerwear. We hike in all types of weather. Bring water and a snack.

No registration is required. No drop-in fee for this beautiful fresh-air family activity!