



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2024



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RISE & SHINE BOOTCAMP

4 Sessions (No class June 3, 2024)

AGES: 14 +

WHEN: Mondays, May 27 - June 24, 2024

TIME: 6:00 - 7:00 am

COST: \$32.00

LOCATION: Fitness Studio

Start the day just right joining our early riser bootcamp! With the perfect mix of strength and cardio, these workouts are sure to get your body working for you all day long. All fitness levels are welcome.

GENTLE YOGA

AGES: 14 +

GROUP A - 6 Sessions (No class May 20 & 27, 2024)

WHEN: Mondays, May 6 - June 24, 2024

TIME: 6:15 - 7:15 pm

COST: \$48.00

LOCATION: Fitness Studio

GROUP B - 8 Sessions (No class May 29, 2024)

WHEN: Wednesdays, May 1 - June 26, 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.

CIRCUIT FUSION

6 Sessions (No class May 14, 2024)

AGES: 14 +

WHEN: Tuesdays, May 7 - June 18, 2024

TIME: 5:00 - 5:45 pm

COST: \$48.00

LOCATION: Fitness Centre

This 45-minute circuit is an exciting, full body workout that combines cardio drills with strength training exercises in a rotation to ensure every muscle in your body is targeted effectively.

Limited Spots Available

SIT & BE FIT

6 Sessions (No Class on May 8 & 15, 2024)

AGES: 14 +

WHEN: Wednesdays, May 1 - June 19, 2024

TIME: 10:00 - 10:45 am

COST: Free with Membership or Daily Drop-in Rate

LOCATION: Fitness Studio

Join us for a 45 minute chair exercise class, that is yoga-inspired and gentle on your body. Exercises include; extension, stretching and core strengthening.

EVENING BODYWORKS

AGES: 14 +

GROUP A - 5 Sessions

WHEN: Tuesdays, May 21 - June 18, 2024

TIME: 6:00 - 7:00 pm

COST: Free with Membership or Daily Drop-in Rate

LOCATION: Fitness Studio

GROUP B - 7 Sessions (No class May 16, 2024)

WHEN: Thursdays, May 2 - June 20, 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 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.

MOTHERS DAY PAINT, SIP & STRETCH

AGE: 18 +

DATE: Friday, May 10, 2024

TIME: 6:30 - 8:30 pm

COST: \$20.00 / per participant

LOCATION: Party Room & Fitness Studio

Celebrate Mother's Day with a guided paint session, virgin margaritas, and snacks served in a relaxed environment. The evening will be concluded with a light stretch fitness class. Childmind service available. Max 12 participants.

SENIOR FUN AFTERNOON

AGE: 55 +

DATE: Friday, June 14, 2024

TIME: 1:00 - 3:00 pm

COST: Free

LOCATION: Fieldhouse

GRM is inviting all Seniors to join an afternoon of fun in the Fieldhouse! Games of pickleball, shuffleboard, and floor curling will be setup. Refreshments and boardgames provided.

GRM PICKLEBALL TOURNAMENT

AGE: 16 +

DATE: Saturday, June 22, 2024

TIME: Games start at 10:00 am

COST: \$20.00 per player

LOCATION: Fieldhouse

Be a part of the 1st Pickleball Tournament held at the GRM. Bring your partner and play in doubles/mixed double teams. Max 16 teams guaranteed spots, registration deadline June 7, 2024.

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

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



GREENVIEW REGIONAL MULTIPLEX FITNESS SERVICES 2024



GRM WELLNESS DAY EVENT

AGE: 14 + years to join sessions

DATE: Saturday, June 8, 2024

TIME: 10:00 am - 3:00 pm

COST: Free / Registration required

LOCATION: Fieldhouse, Boardroom, Studio

Join GRM to help shape the future of your health and overall wellbeing. Wellness Day will incorporate beneficial health workshops, active fitness sessions, a self-guided mindful zone, and wellness vendor booths. Kids play zone and activities available on-site for parents in attendance. Vendors are welcome to sign up for a table until May 24, 2024. Event participants must register.

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.

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