



GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2024

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Registration for the OUTDOOR SURVIVAL CAMPS opens at 10:00 am (in person or online) <small>more information on insert... flip page</small>	4 Pickleball 6:00 am - 9:00 pm NEW Mom & Baby Yoga 9:45 - 10:30 am Restorative Yoga 7:00 - 8:00 pm	5 Pickleball 6:00 am - 9:00 pm Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Lunch Vinyasa Yoga 12:00 - 1:00 pm	6	7 Flex-Appeal 7:00-7:45pm	8
9	10	11 Pickleball 6:00 am - 9:00 pm NEW Mom & Baby Yoga 9:45 - 10:30 am Restorative Yoga 7:00 - 8:00 pm	12 Pickleball 6:00 am - 9:00 pm Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Lunch Vinyasa Yoga 12:00 - 1:00 pm	13 Grande Cache YOUTH SUMMER PROGRAMS KICK-OFF FAIR REGISTRATION 4:30-6:00 pm at the Grande Cache Recreation Centre	14 ***** YEAR END SHOW (Grande Cache Dance Team) Both shows (Friday & Saturday) are at the Recreation Centre 7:00 pm *****	15 ***** YEAR END SHOW (GC Dance Team) 12:00 pm *****
16	17 NEW SILVER SNEAKERS 9:00 am start (meet at the Recreation Centre) NEW HIKING BASICS 5:30pm (meet at the recreation centre)	18 Pickleball 6:00 am - 9:00 pm NEW SILVER SNEAKERS 9:00 am start (meet at the Recreation Centre) NEW Mom & Baby Yoga 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Restorative Yoga 7:00 - 8:00 pm	19 Pickleball 6:00 am - 9:00 pm NEW SILVER SNEAKERS 9:00 am start (meet at the Recreation Centre) Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Lunch Vinyasa Yoga 12:00 - 1:00 pm Grande Grind 5:30 pm (meet at the Cemetery)	20 NEW SILVER SNEAKERS 9:00 am start (meet at the Recreation Centre) ***** Summer Solstice Yoga at the labyrinth 7:00 pm *****	21 NEW SILVER SNEAKERS 9:00 am start (meet at the Recreation Centre)	22
23/30	24	25 Pickleball 6:00 am - 9:00 pm NEW Mom & Baby Yoga 9:45 - 10:30 am Restorative Yoga 7:00 - 8:00 pm	26 Pickleball 6:00 am - 9:00 pm Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Lunch Vinyasa Yoga 12:00 - 1:00 pm	27	28 Flex-Appeal 7:00-7:45pm	29



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JUNE

STROLLIN' ROLLERS

AGES: 16+
WHEN: Wednesdays, June 5, 12, 19 & 26
TIME: 11:00 am start at the Recreation Centre parking lot (1 hr. walk)
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.

LUNCH VINYASA YOGA

AGES: 16+
NEW DATE: Wednesdays, June 5, 12, 19 & 26
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.

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.

NEW HIKING BASICS

AGES: 16+
WHEN: Monday, June 17 only!!!!
TIME: starts at 5:30 pm
COST: Included with membership.
Meet at the recreation centre with your hiking backpack filled with items you would take and the gear you would wear for a hike. We will go on a 45 minute hike then discuss the summer plans for this beginner hiking group.

GRANDE GRIND

AGES: 16+
WHEN: Wednesday, June 19 only!!!
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.

NEW SILVER SNEAKERS

AGES: 16+
WHEN: Monday, Tuesday, Wednesday, Thursday and Friday June 17, 18, 19, 20 & 21
TIME: 9:00 am start at the Recreation Centre parking lot (walks can be 30-60 minutes)
COST: Included with Membership
While the pool is closed for maintenance, join us for an **outdoor** walking group that will work on strength, balance and stamina. We will be having stops along the route. There will be information on the Silver Sneakers schedule for the summer. Bring your walking poles and water.

WHEELS & WEIGHTS

AGES: 16+
WHEN: Tuesday, June 18 only!
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.

NEW MOM & BABY YOGA

AGES: 3-24 months
WHEN: Tuesdays, June 4, 11, 18 & 25
TIME: 9:45 - 10:30 am
COST: \$20 or \$8 yoga drop in
This Mom & Baby program is a great chance for you to regain strength and flexibility in a relaxed environment while bonding with your new baby and other parents. This series is an opportunity to strengthen your body and let go of stress. Your baby will benefit from bonding time with you and other babies while enjoying the benefits of yoga play and movements. Moms may receive hands on assists and babies may be cuddled. Bring your yoga mat, towel, water and a blanket for comfort for your baby.
*If you have concerns about doing yoga, please consult your doctor first.

RESTORATIVE YOGA

AGES: 16+
WHEN: Tuesdays, June 4, 11, 18 & 25
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.

FLEX-APPEAL

AGES: 16 +
WHEN: Fridays, June 7 & 28 only!
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!

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.

OUTDOOR SURVIVAL CAMPS

WITH NATURE ALIVE ADVENTURES & Greenview Outdoor Recreation

FOR AGES 9-12, 13-17 & Ladies 18+



What: Outdoor Survival Camps with Nature Alive Outdoor Education & Survival Training
Who: Ages 9-12, Ages 13-17 & Ladies 18+
Where: Johnson Park, Swan Lake, Grovedale Fish Pond & Grande Cache Lake
Why: Learn all about fire making/shelter building and everything in between.
Cost: \$60.00 per registrant for 3-day camp or \$20.00/day. Limited space available.
Registration: Registration begins June 3, 2024, at 10:00 am for all dates.

- July 8-10, 2024: Johnson Park,** 9:30 am - 4:00 pm, Ages 9-12
Pre-register at <https://app.universusrec.com/grmpub/index.asp> or by calling 780-524-4097.
- NEW! July 11-12, 2024: Johnson Park,** 9:30 am start to 4:00 pm next day (overnight), Ages 13-17
Pre-register at <https://app.universusrec.com/grmpub/index.asp> or by calling 780-524-4097.
- July 16-18, 2024: Swan Lake,** 9:30 am – 4:00 pm, Ages 9-12
Pre-register at <https://app.universusrec.com/grmpub/index.asp> or by calling 780-524-4097.
- July 30-August 1, 2024: Grovedale Fish Pond,** 10:00 am - 4:00 pm, Ages 9-12
Pre-register at <https://app.universusrec.com/grmpub/index.asp> or by calling 780-524-4097.
- August 13-15, 2024: Grande Cache Lake,** 9:30 am - 4:00 pm, Ages 9-12
Pre-register at <https://app.universusrec.com/grandecacherecentrepub/> or by calling 780-827-2446.
- NEW! August 14, 2024: Grande Cache Lake,** 6:00 pm – 9:00 pm, Ladies Only 18 years +
Pre-register at <https://app.universusrec.com/grandecacherecentrepub/> or by calling 780-827-2446.



FOR MORE INFORMATION:

Phone: 780-827-2446

Website: www.mdgreenview.ab.ca

Facebook: Grande Cache Recreation Centre

WAYS TO REGISTER:

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

For more information, please call 780.524.7615 or visit www.mdgreenview.ab.ca