



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2024



J
U
L
Y
&
A
U
G
U
S
T
&
S
E
P
T
E
M
B
E
R

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, July 8 - August 26, 2024

(No class August 5, 2024) 7 Sessions

TIME: 6:00 - 7:00 am

COST: Included with Membership or Daily Drop-in Rate

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 - 7 Sessions (No class September 2, 2024)

WHEN: Mondays, August 12 - September 30, 2024

TIME: 6:15 - 7:15 pm

COST: \$56.00 + GST

LOCATION: Fitness Studio

GROUP B - 7 Sessions

WHEN: Wednesdays, August 14 - September 25, 2024

TIME: 6:15 - 7:15 pm

COST: \$56.00 + GST

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.

EVENING BODYWORKS

AGES: 14 +

GROUP A - 12 Sessions

WHEN: Tuesdays, July 9 - September 24, 2024

TIME: 6:00 - 7:00 pm

COST: Included with Membership or Daily Drop-in Rate

LOCATION: Fitness Studio

GROUP B - 12 Sessions

WHEN: Thursdays, July 11 - September 26, 2024

TIME: 6:00 - 7:00 pm

COST: Included 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.

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, July 10 - August 28, 2024

8 Sessions

TIME: 10:00 - 10:45 am

COST: Included 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.

REVOLUTION SPIN

AGES: 14 +

GROUP A - 9 Sessions - Flex Registration Available

WHEN: Wednesdays, July 17 - September 11, 2024

TIME: 5:15 - 6:00 pm

GROUP B - 4 Sessions - Full Registration Required

WHEN: Thursdays, July 4, 11, 18 & 25, 2024

TIME: 8:30 - 9:15 am

COST: Included with Membership or Daily Drop-in Rate

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

VALLEY STRONG TRAINING SESSIONS

AGE: 18 +

WHEN: August 6 - September 12, 2024

CLASS 1: Mondays, 7:30 pm - 8:30 pm

CLASS 2: Tuesdays, 12:00 pm - 12:45 pm

CLASS 3: Tuesdays, 5:00 pm - 5:45 pm

CLASS 4: Thursdays, 6:30 am - 7:30 am

CLASS 5: Thursdays, 5:00 pm - 5:45 pm

COST: Included for GRM Members that are registered in Valley Strong Fitness Competition. Register for 3 of 5 Classes. (Total of 16-18 sessions, additional sessions will be \$8.00/session)

LOCATION: Fitness Centre

Vitality is the trifecta of balance, strength, and flexibility - do you incorporate balance, strength, and flexibility in your training? Because we do!



Register today for the
**Valley Strong
Fitness Competition**
happening on Saturday
September 21, 2024
SCAN the QR Code above!

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 PROGRAMS 2024



J
U
L
Y
&
A
U
G
U
S
T
&
S
E
P
T
E
M
B
E
R

VALLEY STRONG FITNESS COMPETITION

AGE: 18 +

WHEN: Saturday, September 21, 2024

TIME: 9:00 am - 3:00 pm

LOCATION: Polar Palace & Greenview Regional Multiplex

Join the Town of Valleyview and the MD of Greenview for this fitness competition with a mix of strength and cardio.

Early Bird Registration until August 1, 2024

\$60.00/ athlete - Shirt & Swag Guaranteed

Regular Registration until August 15, 2024

\$75.00/ athlete - Shirt Guaranteed

Late Registration until September 6, 2024

\$80.00/ athlete

Event Registration Deadline is September 6, 2024 at Midnight.

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.

***Please Note, 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 Centre

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 a Fitness Programmer for an alternate time.**

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 hour

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.

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)