



# GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2024

# JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>1</p>	<p>2</p> <p>Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>3</p> <p>Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Wellness Wednesday 1:00-3:00 pm (ages 15-17)</p>	<p>4</p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>5</p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>9</p> <p>Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Wheels &amp; Weights 5:30 - 6:30 pm</p>	<p>10</p> <p>Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Wellness Wednesday 1:00-3:00 pm (ages 15-17) NEW Hiking Basics 5:30-6:30 pm (meet at Recreation Centre)</p>	<p>11</p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am NEW Pace Setters 1:00-2:00pm (meet at the Recreation Centre)</p>	<p>12</p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am NEW Lunch Outdoor Bootcamp 12:05-12:50 pm (meet at Recreation Centre)</p>	<p>13</p> <p>Grande Grind 10:30 am (meet at the Cemetery)</p>
<p>14</p>	<p>15</p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>16</p> <p>Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Wheels &amp; Weights 5:30 - 6:30 pm</p>	<p>17</p> <p>Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Strollin' Rollers 11:00am - 12:00pm (meet at the Recreation Centre) Wellness Wednesday 1:00-3:00 pm (ages 15-17) NEW Hiking Basics 5:30-6:30 pm (meet at Recreation Centre)</p>	<p>18</p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am NEW Pace Setters 1:00-2:00pm (meet at the Recreation Centre)</p>	<p>19</p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am NEW Lunch Outdoor Bootcamp 12:05-12:50 pm (meet at Recreation Centre)</p>	<p>20</p> <p>Grande Grind 10:30 am (meet at the Cemetery)</p>
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## AQUA FITNESS/LANE SWIM

**AGES:** 16+

**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. No aqua fit/lane swim class on July 1, 2024.

**TIME:** 9:00 – 10:30 am

**COST:** included with Membership

The pool is available to get your morning swim in or come exercise in the water environment (workout sheets are available in the First Aid room on pool deck). An instructor will be available Tuesdays and Thursdays from 9:00 -10:00 am starting July 9 providing ideas for low impact exercises with a selection of pool equipment work a variety of muscle groups.

## STROLLIN' ROLLERS

**AGES:** 16+

**WHEN:** Wednesdays, July 10, 17, 24 & 31

**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.

## 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:** Wednesdays, July 10, 17, 24 & 31

**TIME:** starts at 5:30 pm (classes average an hour)

**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. Each week various topics will be discussed such as footwear, hiking safety, dressing in layers, hydration and snacks to pack.

## GRANDE GRIND... NOW ON SATURDAYS!!!!

**AGES:** 16+

**NEW WHEN:** Saturdays, July 13, 20 & 27

**NEW TIME:** starts at 10:30 am

**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.

## WHEELS & WEIGHTS

**AGES:** 16+

**WHEN:** Tuesdays, July 9, 16, 23 & 30

**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.

## WELLNESS WEDNESDAY

**AGES:** 15 - 17

**WHEN:** Wednesdays, July 3, 10, 17, 24, 31 & Aug 7, 14, 21

**TIME:** 1:00 - 3:00 pm

**COST:** \$46.80

Participants will be provided guidance to improve their techniques on exercise execution, adhere to proper gym etiquette, and ensure safety around equipment usage. Over the course of this 8-week program, gain comprehensive knowledge of anatomy and the art of designing workout programs incorporating blends of weightlifting and bodyweight movements, as well as aerobic and anaerobic conditioning exercises, designed to enhance the athleticism and overall physical readiness of participants. This program extends a warm invitation to both athletes and non-athletes, irrespective of their athletic background.

## NEW PACE SETTERS

**AGES:** 16+

**WHEN:** Thursdays, July 11, 18 & 25

**TIME:** 1:00-2:00 pm start at the Recreation Centre parking lot

**COST:** Included with Membership

Join us for an outdoor walking group that will work on strength, balance and stamina. We will be having stops along the route. Bring your walking poles and water.

## NEW LUNCH OUTDOOR BOOTCAMP

**AGES:** 16+

**DATE:** Fridays, July 12, 19 & 26

**TIME:** 12:05 – 12:50 pm

**COST:**

Get ready to sweat during this lung burning muscle building class that is different each week! Bring water and a friend to move during your lunch hour.

**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](mailto:Kelly.Neufeld@mdgreenview.ab.ca) for more information. Drop-in rates for Yoga are \$8.

### WAYS TO REGISTER:

1. Online:

<https://app.booking.ca/grandecachereccentrepub/index.asp>

2. In Person: at Grande Cache Recreation Centre

### FOR MORE INFORMATION:

Phone: 780-827-2446

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

Facebook: Grande Cache Recreation Centre