



GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2024

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labour Day	3 Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Wheels & Weights 5:30 - 6:30 pm	4 Pickleball 6:00 am - 12:00 pm ONLY! Aqua Fitness/Lane Swim 9:00 - 10:30 am ***** Recreation Round Up 5:00-6:30 pm (in the Curling Rink) *****	5 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strollin' Rollers 11:00 am - 12:00 pm	6 Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Crunch 12:05-12:50 pm (meet at Recreation Centre) Flex-Appeal 5:30-6:15 pm	7 Pickleball 9:00 am - 9:00 pm Wheels & Weights 10:00 - 11:00 am
8 Pickleball 9:00 am - 9:00 pm	9 Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Barre Stars 7:00 - 8:00 pm	10 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 Stretch 11:00 - 11:15 am Wheels & Weights 5:30 - 6:30 pm	11 Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Yin Yoga 12:05-12:55 pm	12 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strollin' Rollers 11:00 am - 12:00 pm	13 Pickleball 6:00 am - 9:00 pm Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Crunch 12:05-12:50 pm (meet at Recreation Centre) Flex-Appeal 5:30-6:15 pm	14 Pickleball 9:00 am - 9:00 pm Wheels & Weights 10:00 - 11:00 am
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22	23 Aqua Fitness/Lane Swim 9:00 - 10:30 am Barre Stars 7:00 - 8:00 pm	24 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Stretch 11:00 - 11:15 am Wheels & Weights 5:30 - 6:30 pm	25 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Yin Yoga 12:05-12:55 pm	26 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strollin' Rollers 11:00 am - 12:00 pm	27 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Crunch 12:05-12:50 pm (meet at Recreation Centre) Flex-Appeal 5:30-6:15 pm	28 Wheels & Weights 10:00 - 11:00 am
29	30 ***** Truth & Reconciliation Day ***** Barre Stars 7:00 - 8:00 pm					

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/grandecachereccentrepub/index.asp>

2. In Person: at Grande Cache Recreation Centre



AQUA FITNESS/LANE SWIM

AGES: 16+
WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays.
No aqua fit/lane swim September 2 or 30.
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 to provide ideas for low impact exercises with a selection of pool equipment to work a variety of muscle groups.

PARENT/INFANT WATER WORKOUT

AGES: 6 - 36 months and participating parent
WHEN: Tuesdays, September 10, 17 & 24
TIME: 9:45 - 10:30 am
COST: Included with Membership
This is an aqua fitness class with your infant. It is a fun way for you to get a full body workout while babies aged 6-36 months get water exposure. You both get to socialize with other families. Here are a few tips... to save last-minute scrambling and stress:
• pack up as much as possible the evening before
• Baby supplies, extra diapers, etc., baby swim diaper and swimsuit, two towels.
Change baby FIRST after class. The air will feel cool when you return to the changing room after class. Most parents focus on getting babies into warm and dry clothes and then change themselves.
Don't stress, and just go. Whatever happens, take a deep breath and think of all the benefits of getting out and exercising with your baby. It's not always smooth, but it's always worth it to improve your physical, mental and social health. You will both get the hang of it soon!

STROLLIN' ROLLERS

AGES: 16+
WHEN: Thursdays, September 5, 12, 19 & 26
TIME: 11:00 am start at the Recreation Centre parking lot (approximately 60 minutes)
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. Please wear adequate footwear and dress you and your little one for the weather. We may have the opportunity to stop at various parks giving your little one time to stretch their legs.
On Thursday, September 26 we will be re-introducing the Mom/Infant Yoga program, which will start up again in October, to this group. Weather permitting the yoga portion will be outside during the walk. If the weather is not in our favor, we will go for a bit of a walk and end with the yoga session inside.

NEW LUNCH YIN YOGA

AGES: 16+
WHEN: Wednesdays, September 11, 18 & 25
TIME: 12:05 – 12:55 pm
COST: \$24 (yoga fitness drop-in rates are available for this class)
Yin yoga is a practice that focuses on deeply relaxing the body and mind by activating the parasympathetic nervous system, which promotes healing and nourishment. Unlike more dynamic forms of yoga, Yin yoga involves holding poses for extended periods to target connective tissues such as fascia, ligaments, and joints. This prolonged stretching enhances circulation and increases the range of motion, allowing energy to flow more freely throughout the body. By gently lengthening these tissues, Yin yoga helps release built-up tension and blockages, fostering a profound sense of relaxation and well-being.

FLEX-APPEAL

AGES: 16 +
WHEN: Fridays, September 6, 13, 20 & 27
TIMES: 5:30 - 6:15 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!

NEW LUNCH CRUNCH

AGES: 16+
WHEN: Fridays, September 6, 13, 20 & 27
TIME: 12:05 – 12:50 pm
COST: Included with Membership.
Lunch Crunch!
Spend your lunch crunching not munching with this core-training workout. Tighten and tone your midsection and challenge your balance and coordination. Improve your strength to help you move better. Now that is a delicious lunch break!

STRETCH

AGES: 16+
WHEN: Tuesdays, September 10, 17 & 24
TIME: 11:00 am - 11:45 am
COST: Included with Membership
Take some time to work on your physical and mental health with this stretching and breathing mindful movement class.

WHEELS & WEIGHTS

AGES: 16+
WHEN: Tuesdays, 5:30 - 6:30 pm, September 3, 10, 17 & 24
NEW Saturdays, 10:00 - 11:00 am, September 7, 14, 21 & 28
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 BARRE STARS

AGES: 16+
WHEN: Mondays, September 9,16, 23 & 30
TIME: 7:00 - 8:00 pm
COST: Included with Membership
Become a Barre Star! This class uses the best dance & barre workout techniques, using your own body weight to help tone and sculpt your body. Incorporating barre strength exercises, cardio and a dedicated stretch session, where we activate our muscles while getting a deep stretch. Leave standing taller or kicking down the walkway.

PICKLEBALL NEWS!!!

**Did you know... there is a pickleball court set up in the Recreation Centre for you to come play everyday (except Thursdays)!!!
September 4, 6:00 am- 12:00 pm only.
Season ends September 15.**

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.
Yoga Fitness drop-in rates are \$8.

FOR MORE INFORMATION:

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- 2. In Person:** at Grande Cache Recreation Centre