



# GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2024



OCTOBER & NOVEMBER & DECEMBER

## RISE & SHINE BOOTCAMP

**AGES:** 14 +

**WHEN:** Mondays, October 21, 28, November 4, 18, 25, 2024 - **5 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 - 8 Sessions**

**WHEN:** Mondays, October 7, 21, 28, November 4, 25, December 2, 9 & 16, 2024

**TIME:** 6:15 - 7:15 pm

**COST:** \$64.00 + GST

**LOCATION:** Fitness Studio

**GROUP B - 11 Sessions**

**WHEN:** Wednesdays, October 2, 9, 16, 23, 30, November 6, 13, 20, 27 December 4, & 11, 2024

**TIME:** 6:15 - 7:15 pm

**COST:** \$88.00 + 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.

## ZUMBA

**AGES:** 14+

**GROUP A - 8 Sessions**

**WHEN:** Mondays, October 7 - December 9, 2024

(No Class October 14 or November 11)

**TIME:** 5:00 - 6:00 pm

**COST:** \$64.00 + GST

**GROUP B - 11 Sessions**

**WHEN:** Wednesdays, October 2 - December 11, 2024

**TIME:** 5:00 - 6:00 pm

**COST:** \$88.00 + GST

**LOCATION:** Fitness Studio

Take the "work" out of workout by mixing low & high-intensity moves for an interval-style, calorie-burning, Dance Fitness Party. Super Effective, Super Fun!

## EVENING BODYWORKS

**AGES:** 14 +

**GROUP A - 8 Sessions**

**WHEN:** Tuesdays, October 8 - November 26, 2024

**TIME:** 6:00 - 7:00 pm

**COST:** Included with Membership or Daily Drop-in Rate

**LOCATION:** Fitness Studio

**GROUP B - 7 Sessions**

**WHEN:** Thursdays, October 10 - November 26, 2024

**TIME:** 6:00 - 7:00 pm

**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.

## REVOLUTION SPIN

**AGES:** 14 +

**GROUP A - 8 Sessions - Flex Registration Available**

**WHEN:** Tuesdays, October 15 - December 12, 2024

(No Class October 24)

**TIME:** 5:00 - 5:45 PM

**GROUP B - 9 Sessions - Flex Registration Available**

**WHEN:** Thursdays, October 10 - December 10, 2024

(No Class October 22)

**TIME:** 6:30 - 7:15 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, Pre-Registration is Required\*

## STRONG NATION

**AGES:** 14 +

**WHEN:** Saturdays, October 19 - December 7, 2024 -

(No Class November 9) - **7 Sessions**

**TIME:** 9:15 - 10:15 am

**COST:** \$56.00 + GST

**LOCATION:** Fitness Studio

Stop counting the reps. Start training to the beat. Strong Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

### 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](http://www.mdgreenview.ab.ca)

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



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OCTOBER & NOVEMBER & DECEMBER

## LUNCH CRUNCH

**AGES:** 14 +

**WHEN:** Tuesdays, October 8 - November 26, 2024  
**- 8 Sessions**

**TIME:** 12:15 - 12:45 pm

**COST:** Included with Membership or Daily Drop-in Rate

**LOCATION:** Fitness Studio

Give yourself more free time - working out on your lunch hour means you're free for other activities before and after work. Join us for this quick lunchtime Lunch Crunch. All fitness levels welcome - Modifications available.

## CIRCUIT FUSION

**AGES:** 14 +

**WHEN:** Thursdays, October 10 - November 28, 2024  
**- 8 Sessions**

**TIME:** 12:15 - 12:45 pm

**COST:** Included with Membership or Daily Drop-in Rate

**LOCATION:** Fitness Centre

This 30-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.

## 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

## SIT & BE FIT

**AGES:** 14 +

**WHEN:** Wednesdays, October 9 - November 27, 2024 - **8 Sessions** (No Class October 30)

**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.

## FITNESS CENTRE ORIENTATIONS

**AGES:** 14 +

**WHEN:** Available Upon Request

**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, To schedule an orientation, please contact Customer Service or a 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 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.

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