






# GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2024

# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Aqua Fitness/Lane Swim 9:00 - 10:30 am Butts & Gutts 5:00 - 5:45 pm Flex-Appeal 6:00 - 6:45 pm	2 Wheels & Weights 9:30 - 10:30 am Gym Orientation 10:40 - 11:30 am
3	4 Aqua Fitness/Lane Swim 9:00 - 10:30 am Barre Stars 7:00 - 8:00 pm	5 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Evening Water Workout 7:00 - 7:45 pm	6 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Yin Yoga 12:05-12:55 pm Nordic Walking 1:15 - 2:15 pm	7 Morning Vinyasa Yoga 6:15 - 7:15 am Aqua Fitness/Lane Swim 9:00 - 10:30 am	8 Aqua Fitness/Lane Swim 9:00 - 10:30 am Butts & Gutts 5:00 - 5:45 pm Flex-Appeal 6:00 - 6:45 pm	9 Wheels & Weights 9:30 - 10:30 am Gym Orientation 10:40 - 11:30 am
10	11 Remembrance Day 	12 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Evening Water Workout 7:00 - 7:45 pm	13 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Yin Yoga 12:05-12:55 pm Nordic Walking 1:15 - 2:15 pm	14 Morning Vinyasa Yoga 6:15 - 7:15 am Aqua Fitness/Lane Swim 9:00 - 10:30 am	15 Aqua Fitness/Lane Swim 9:00 - 10:30 am Butts & Gutts 5:00 - 5:45 pm Flex-Appeal 6:00 - 6:45 pm	16 MOVEMBER Spin-A-Thon 10:00 am - 4:00 pm 
17	18 Aqua Fitness/Lane Swim 9:00 - 10:30 am	19 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Evening Water Workout 7:00 - 7:45 pm	20 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Yin Yoga 12:05-12:55 pm Nordic Walking 1:15 - 2:15 pm	21 Morning Vinyasa Yoga 6:15 - 7:15 am Aqua Fitness/Lane Swim 9:00 - 10:30 am	22 Aqua Fitness/Lane Swim 9:00 - 10:30 am Butts & Gutts 5:00 - 5:45 pm Flex-Appeal 6:00 - 6:45 pm	23 Wheels & Weights 9:30 - 10:30 am Gym Orientation 10:40 - 11:30 am
24	25 Aqua Fitness/Lane Swim 9:00 - 10:30 am Barre Stars 7:00 - 8:00 pm	26 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Wheels & Weights 5:30 - 6:30 pm Evening Water Workout 7:00 - 7:45 pm	27 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch Yin Yoga 12:05-12:55 pm Nordic Walking 1:15 - 2:15 pm	28 Morning Vinyasa Yoga 6:15 - 7:15 am Aqua Fitness/Lane Swim 9:00 - 10:30 am 	29 Aqua Fitness/Lane Swim 9:00 - 10:30 am Butts & Gutts 5:00 - 5:45 pm Flex-Appeal 6:00 - 6:45 pm	30 Wheels & Weights 9:30 - 10:30 am Gym Orientation 10:40 - 11:30 am

# MOVEMBER SPIN-A-THON

@ the Grande Cache Recreation Centre

DATE: SATURDAY, NOVEMBER 16  
TIME: 9:30 AM CHECK-IN  
10:00 AM - 4:00 PM SPIN-A-THON  
COST: \$25.00/PERSON  
AGE: 15+

SUPPORT THE MEN IN YOUR COMMUNITY!  
100% OF FUNDS DONATED TO MOVEMBER CANADA!





**LUNCH YIN YOGA**

**AGES:** 16+

**WHEN:** Wednesdays, November 6, 13, 20 & 27

**TIME:** 12:05 – 12:55 pm

**COST:** \$32 (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.

**AQUA FITNESS/LANE SWIM**

**AGES:** 16+

**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays.

No aqua fit/lane swim Monday, November 11.

**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, November 5, 12, 19 & 26

**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.

**MORNING VINYASA YOGA**

**AGES:** 16+

**WHEN:** Thursdays, November 7, 14, 21 & 28

**TIME:** 6:15 - 7:15 am

**COST:** \$32 (yoga 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.

**EVENING WATER WORKOUT**

**AGES:** 16+

**WHEN:** Tuesdays, November 5, 12, 19 & 26

**TIME:** 7:00 – 7:45 pm

**COST:** Included with Membership

Join us for a diverse pool class featuring aqua fitness, swimming, stretching, strength and endurance exercises. This session is designed for all skill levels, so everyone is welcome. If you have goggles and fins, feel free to bring them, though they are not required.

**GYM ORIENTATION**

**AGES:** 15+

**WHEN:** Saturdays, November 2, 9, 23 & 30

**TIME:** 10:40 – 11:30 am

**COST:** Included with Membership

Join us to explore the Fitness Centre! We'll discuss equipment usage, gym etiquette, and basic exercises for all fitness levels. If you're curious about trying a piece of equipment or have questions, this is a great chance to get answers. **There is limited space, registration is required for each session.**

**BARRE STARS**

**AGES:** 16+

**WHEN:** Mondays, November 4 & 25 No class November 11 or 18.

**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.

**WHEELS & WEIGHTS**

**AGES:** 16+

**WHEN:** Tuesdays, 5:30 - 6:30 pm November 5, 12, 19 & 26

Saturdays, 9:30 - 10:30 am November 2, 9, 23 & 30

**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.

**NORDIC WALKING**

**AGES:** 16+

**WHEN:** Wednesdays, November 6, 13, 20 & 27

**TIME:** 1:15 - 2:15 pm

**COST:** Included with Membership

Nordic walking is a low-impact exercise that involves walking with the aid of poles, similar to those used in cross-country skiing. Poles are planted in sync with your stride, which engages your upper body muscles, including the arms, shoulders, and core, providing a more comprehensive workout than regular walking. Please bring your own poles and dress for the weather, this is an outside class. Please sign in at the Customer Service desk.

**BUTTS & GUTTS**

**AGES:** 16+

**WHEN:** Fridays, November 1, 8, 15, 22 & 29

**TIME:** 5:00 - 5:45 pm

**COST:** Included with Membership

This is the class where we turn your tush and tummy into a dream team! This workout is all about making your glutes and abs so strong, they'll start arguing over which one is more fabulous. Expect to squat, lunge, and crunch your way to a rear end that's the envy of every chair it sits on and abs that could crack open a walnut. Get ready to work hard and leave with a smile (and a slightly sore behind)!

**FLEX-APPEAL**

**AGES:** 16 +

**WHEN:** Fridays,

**TIMES:** 6:00 - 6:45 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 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. **In Person:** at Grande Cache Recreation Centre
2. **Online Registration (not available on mobile phones):** <https://app.booking.ca/grandecachereccentrepub/index.asp>

**FOR MORE INFORMATION:**

**Phone:** 780-827-2446

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

**Facebook:** Grande Cache Recreation Centre

**JOIN US FOR THIS ANNUAL  
FRESH AIR OUTDOOR ACTIVITY**

**THE GRISWOLD  
FAMILY CHRISTMAS  
TREE HUNT!**

**SUNDAY, DECEMBER 1, 2024**  
**2:00 – 4:00 PM**  
**FIREMEN'S PIT ROAD**

(Entrance at corner of 97 Avenue & 104 Street - follow markers)

- \* Bring your own saw to cut down your Christmas tree
- \* Bring your own mug for hot chocolate.
- \* FREE tree permits administered on site.
- \* This area has been designated for this one day event.