









# GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2024

# DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><b>1</b></p> <p><b>Griswold Family Christmas Tree Hunt</b> 2:00 - 4:00 pm (see insert on back for event details.)</p>	<p><b>2</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am</p>	<p><b>3</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am <b>Parent/Infant Water Workout</b> 9:45 - 10:30 am <b>Wheels &amp; Weights</b> 5:30 - 6:30 pm</p>	<p><b>4</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am <b>Stretch &amp; Balance</b> 1:00 - 1:45 pm</p>	<p><b>5</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am</p>	<p><b>6</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am</p>	<p><b>7</b></p> <p><b>Wheels &amp; Weights</b> 9:30 - 10:30 am <b>Gym Orientation</b> 10:40 - 11:30 am</p>
<p><b>8</b></p>	<p><b>9</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am</p>	<p><b>10</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am <b>Parent/Infant Water Workout</b> 9:45 - 10:30 am</p>	<p><b>11</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am <b>Stretch &amp; Balance</b> 1:00 - 1:45 pm</p>	<p><b>12</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am <b>NEW Christmas Yoga</b> 7:30 - 8:30 pm</p>	<p><b>13</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am</p>	<p><b>14</b></p> <p><b>Wheels &amp; Weights</b> 9:30 - 10:30 am <b>Gym Orientation</b> 10:40 - 11:30 am</p>
<p><b>15</b></p>	<p><b>16</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am <b>NEW Christmas Yoga</b> 7:30 - 8:30 pm</p>	<p><b>17</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am <b>Parent/Infant Water Workout</b> 9:45 - 10:30 am <b>Wheels &amp; Weights</b> 5:30 - 6:30 pm</p>	<p><b>18</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am <b>Stretch &amp; Balance</b> 1:00 - 1:45 pm</p>	<p><b>19</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am</p>	<p><b>20</b></p> <p><b>Aqua Fitness/Lane Swim</b> 9:00 - 10:30 am</p>	<p><b>21</b></p> <p><b>Wheels &amp; Weights</b> 9:30 - 10:30 am <b>Gym Orientation</b> 10:40 - 11:30 am</p>
<p><b>22</b></p>	<p><b>23</b></p> <p><b>Aqua Fitness/Lane Swim</b> **special time** 9:30 - 10:30 am</p>	<p><b>24</b></p>	 <p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>				



**WHEELS & WEIGHTS**

**AGES:** 16+

**WHEN:** Tuesdays, 5:30 - 6:30 pm December 3 & 17  
 Saturdays, 9:30 - 10:30 am December 7, 14 & 21

**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.

**STRETCH & BALANCE**

**AGES:** 16+

**WHEN:** Wednesdays, December 4, 11 & 18

**TIME:** 1:00 - 1:45 pm

**COST:** Included with membership.

Take some time to work on your physical and mental health with this stretching and breathing class.

**GYM ORIENTATION**

**AGES:** 15+

**WHEN:** Saturdays, December 7, 14 & 21

**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.**

**AQUA FITNESS/LANE SWIM**

**AGES:** 16+

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

**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 and on **Monday, December 23 from 9:30 - 10:30 am**, to provide ideas for low impact exercises with a selection of pool equipment to work a variety of muscle groups. **No aqua fitness/lane swim December 24, 25, 26, 27, 30 or 31.**

*Aqua fitness/lane swim will resume with regular times on January 2!*

**PARENT/INFANT WATER WORKOUT**

**AGES:** 6 - 36 months and participating parent

**WHEN:** Tuesdays, December 3, 10 & 17

**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.

**NEW CHRISTMAS YOGA**

**AGES:** 16+

**WHEN:** Thursday, December 12  
 Monday, December 16

**TIME:** 7:30 - 8:30 pm

**NEW COST:** Included with Membership

Don't forget to take time for yourself during this hectic season for movement, breath and recovery. Hatha yoga is a powerful way to down-regulate your nervous system and manage stress, helping you stay healthy and resilient so you can enjoy the season. Please bring a yoga mat, a blanket and water.

**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. Please contact 780-827-2446 ext. 2119 or email at [Kelly.Neufeld@mdgreenview.ab.ca](mailto:Kelly.Neufeld@mdgreenview.ab.ca) for more information.



**House Decorating Contest 2024**  
 will be in December...  
 watch social media and  
 the Jumbotron  
 for more details.

**FOR MORE INFORMATION:**

Phone: 780-827-2446

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

Facebook: Grande Cache Recreation Centre

**WAYS TO REGISTER:**

1. Online:

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

2. In Person: at 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.

Alberta Municipal District of GREENVIEW