



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			<p>1</p> <p>Happy New Year</p>	<p>2</p> <p>IMPROVE ME CHALLENGE</p> <p>Register for GRM's FREE 12 week Fitness Challenge</p>	<p>3</p> <p>Triathlon Training Starts</p>	<p>4</p> <p>NO CLASS STRONG NATION</p>
<p>5</p> <p>IMPROVE ME CHALLENGE</p> <p>First check-in due this week with Fitness Programmers Available Mon - Thu 6 am - 6 pm</p>	<p>6</p> <p>RISE & SHINE BOOTCAMP 6:00 - 7:00 am</p> <p>ZUMBA 5:00 - 6:00 pm</p> <p>REVOLUTION SPIN 6:15 - 7:00 pm</p>	<p>7</p> <p>EVENING BODYWORKS 6:00 - 7:00 pm</p>	<p>8</p> <p>SIT & BE FIT 10:00 10:45 am</p> <p>ZUMBA 5:00 - 6:00 pm</p> <p>GENTLE YOGA 6:15 - 7:15 pm</p>	<p>9</p> <p>REVOLUTION SPIN 6:30 - 7:15 am</p> <p>EVENING BODYWORKS 6:00 - 7:00 pm</p>	<p>10</p> <p>IMPROVE ME CHALLENGE</p> <p>Last chance to check-in 6:00 am - 4:30 pm</p>	<p>11</p> <p>STRONG NATION 9:15 - 10:15 am</p>
<p>12</p>	<p>13</p> <p>RISE & SHINE BOOTCAMP 6:00 - 7:00 am</p> <p>ZUMBA 5:00 - 6:00 pm</p> <p>REVOLUTION SPIN 6:15 - 7:00 pm</p> <p>Early Registration Deadline GRM Triathlon - Register today and receive a Triathlon T-shirt!</p>	<p>14</p> <p>EVENING BODYWORKS 6:00 - 7:00 pm</p>	<p>15</p> <p>SIT & BE FIT 10:00 10:45 am</p> <p>ZUMBA 5:00 - 6:00 pm</p> <p>GENTLE YOGA 6:15 - 7:15 pm</p>	<p>16</p> <p>REVOLUTION SPIN 6:30 - 7:15 am</p> <p>EVENING BODYWORKS 6:00 - 7:00 pm</p>	<p>17</p>	<p>18</p> <p>STRONG NATION 9:15 - 10:15 am</p>
<p>19</p>	<p>20</p> <p>RISE & SHINE BOOTCAMP 6:00 - 7:00 am</p> <p>ZUMBA 5:00 - 6:00 pm</p> <p>REVOLUTION SPIN 6:15 - 7:00 pm</p>	<p>21</p> <p>EVENING BODYWORKS 6:00 - 7:00 pm</p>	<p>22</p> <p>SIT & BE FIT 10:00 10:45 am</p> <p>ZUMBA 5:00 - 6:00 pm</p> <p>GENTLE YOGA 6:15 - 7:15 pm</p>	<p>23</p> <p>REVOLUTION SPIN 6:30 - 7:15 am</p> <p>EVENING BODYWORKS 6:00 - 7:00 pm</p>	<p>24</p> <p>Final Registration Deadline GRM Triathlon!</p>	<p>25</p> <p>NO CLASS STRONG NATION</p>
<p>26</p>	<p>27</p> <p>RISE & SHINE BOOTCAMP 6:00 - 7:00 am</p> <p>ZUMBA 5:00 - 6:00 pm</p> <p>REVOLUTION SPIN 6:15 - 7:00 pm</p>	<p>28</p> <p>EVENING BODYWORKS 6:00 - 7:00 pm</p>	<p>29</p> <p>SIT & BE FIT 10:00 10:45 am</p> <p>ZUMBA 5:00 - 6:00 pm</p> <p>GENTLE YOGA 6:15 - 7:15 pm</p>	<p>30</p> <p>REVOLUTION SPIN 6:30 - 7:15 am</p> <p>EVENING BODYWORKS 6:00 - 7:00 pm</p>	<p>31</p>	<p>1</p> <p>Indoor Triathlon Race starts at 10:00 am</p>



RISE & SHINE BOOTCAMP

AGES: 14 +
WHEN: Mondays, January 6, 13, 20 & 27
TIME: 6:00 - 7:00 am
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate
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 +
WHEN: Wednesday, January 8, 15, 22 & 29
TIME: 6:15 - 7:15 pm
LOCATION: Fitness Studio
COST: \$32.00 + GST
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+
LOCATION: Fitness Studio
MONDAY
WHEN: Mondays, January 6, 13, 20 & 27
TIME: 5:00 - 6:00 pm
COST: \$32.00 + GST
WEDNESDAY
WHEN: Wednesdays, January 8, 15, 22 & 29
TIME: 5:00 - 6:00 pm
COST: \$32.00 + GST
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!

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

IMPROVE ME CHALLENGE - 12 WEEKS

AGES: 14 +
DATES: First Check in week: January 6 - 10
Final Check in week: March 31 - April 4

LOCATION: Fitness Office

COST: FREE (to use the facility regular rates apply)

Register for the 2025 Improve Me 12-week Challenge in categories for weight loss or personal record in strength. Participants will be encouraged to attend activities throughout the GRM including fitness classes, personalized workouts, walking the indoor track, or a swimming in the Aquatic Center. All activities will help improve you this new year! Participants will receive a workout plan, weekly check-ins with the Fitness Programmers, educational wellness emails, and the chance to win a \$250.00 prize pack! **Winner will be announced April 8, 2025.**

UPCOMING: INDOOR TRIATHLON

AGES: 14 +
WHEN: Saturday, February 1
LOCATION: Aquatics/Studio/Track
COST: \$40.00 - Youth
\$60.00 - Adult
\$90.00 - Team

Join us for the Greenview Regional Multiplex Indoor Triathlon. Unlike a standard Triathlon, each leg of the Triathlon will be completed on a time basis as opposed to distance. Participants will be divided into heats and allotted 15 minutes in each event to complete personal best distanced. **Registration opens December 18th.** Register by January 2, 2025, to receive a Triathlon tee shirt and specialized 4-week training plan. General registration will stay open until January 24, 2025. Athletes must arrive on time for their heats and wear appropriate sportswear, indoor gym shoes, and pack hydration.

EVENING BODYWORKS

AGES: 14 +
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate

TUESDAY

WHEN: Tuesdays, January 7, 14, 21 & 28
TIME: 6:00 - 7:00 pm

THURSDAY

WHEN: Thursdays, January 9, 16, 23 & 30
TIME: 6:00 - 7:00 pm

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 +
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate

MONDAY

WHEN: Mondays, January 6, 13, 20 & 27
TIME: 6:15 - 7:00 pm

THURSDAY

WHEN: Thursdays, January 9, 16, 23 & 30
TIME: 6:30 - 7:15 am

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, January 11 & 18 (No class January 4 & 25)

TIME: 9:15 - 10:15 am

LOCATION: Fitness Studio

COST: \$16.00 + GST

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.

SIT & BE FIT

AGES: 14 +
WHEN: Wednesdays, January 8, 15, 22 & 29

TIME: 10:00 - 10:45 am

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

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 + (Mandatory) 60 + (By Request)

WHEN: Available Upon Request

LOCATION: Fitness Centre

COST: Free with Membership or Daily Drop-in Rate

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.

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

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

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