



# GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

# FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						<p>1</p> <p>INDOOR TRIATHLON STARTS AT 10:00 AM</p>
	<p>2</p> <p><b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am</p> <p><b>ZUMBA</b> 5:00 - 6:00 pm</p>	<p>3</p> <p><b>EVENING BODYWORKS</b> 6:00 - 7:00 pm</p>	<p>4</p> <p><b>SIT &amp; BE FIT</b> 10:00 - 10:45 am</p> <p><b>ZUMBA</b> 5:00 - 6:00 pm</p> <p><b>GENTLE YOGA</b> 6:15 - 7:15 pm</p>	<p>5</p> <p><b>EVENING BODYWORKS</b> 6:00 - 7:00 pm</p>		<p>8</p> <p><b>STRONG NATION</b> 9:15 - 10:15 am</p>
	<p>9</p> <p><b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am</p> <p><b>ZUMBA</b> 5:00 - 6:00 pm</p>	<p>10</p> <p><b>EVENING BODYWORKS</b> 6:00 - 7:00 pm</p>	<p>11</p> <p><b>SIT &amp; BE FIT</b> 10:00 - 10:45 am</p> <p><b>ZUMBA</b> 5:00 - 6:00 pm</p> <p><b>GENTLE YOGA</b> 6:15 - 7:15 pm</p>	<p>12</p> <p><b>EVENING BODYWORKS</b> 6:00 - 7:00 pm</p>	<p>13</p> <p><i>Happy Valentine's Day</i></p>	<p>15</p>
	<p>16</p> <p><b>FAMILY DAY NO PROGRAMMING</b></p>	<p>17</p> <p><b>EVENING BODYWORKS</b> 6:00 - 7:00 pm</p>	<p>18</p> <p><b>SIT &amp; BE FIT</b> 10:00 - 10:45 am</p> <p><b>ZUMBA</b> 5:00 - 6:00 pm</p> <p><b>GENTLE YOGA</b> 6:15 - 7:15 pm</p>	<p>19</p> <p><b>EVENING BODYWORKS</b> 6:00 - 7:00 pm</p>	<p>20</p> <p><b>STRONG NATION</b> 9:15 - 10:15 am</p>	<p>22</p>
	<p>23</p> <p><b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am</p> <p><b>ZUMBA</b> 5:00 - 6:00 pm</p>	<p>24</p> <p><b>EVENING BODYWORKS</b> 6:00 - 7:00 pm</p>	<p>25</p> <p><b>SIT &amp; BE FIT</b> 10:00 - 10:45 am</p> <p><b>ZUMBA</b> 5:00 - 6:00 pm</p> <p><b>GENTLE YOGA</b> 6:15 - 7:15 pm</p>	<p>26</p> <p><b>EVENING BODYWORKS</b> 6:00 - 7:00 pm</p>	<p>27</p> <p></p>	<p>28</p>



## RISE & SHINE BOOTCAMP

**AGES:** 14 +  
**WHEN:** Mondays, February 3, 10 & 24  
**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. Modifications available.

## GENTLE YOGA

**AGES:** 14 +  
**WHEN:** Wednesday, February 5, 12, 19 & 26  
**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, February 3, 10 & 24  
(No class on the 17th)  
**TIME:** 5:00 - 6:00 pm  
**COST:** \$24.00 + GST

## WEDNESDAY

**WHEN:** Wednesdays, February 5, 12, 19 & 26  
**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

## 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. 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, February 4, 11, 18 & 25  
**TIME:** 6:00 - 7:00 pm  
**THURSDAY**  
**WHEN:** Thursdays, February 6, 13, 20 & 27  
**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.

## STRONG NATION

**AGES:** 14 +  
**WHEN:** Saturdays, February 8 & 22  
(No class the 1st or 15th)  
**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.

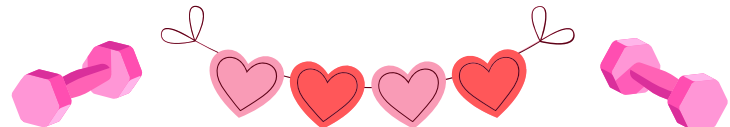
## SIT & BE FIT

**AGES:** 14 +  
**WHEN:** Wednesdays, February 5, 12, 19, & 26  
**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:

- Online:**  
<https://app.univerusrec.com/grmpub/index.asp>
- 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)