



GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2025

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						<p>1 Pilates 11:00-12:00pm</p>
2	<p>3 Aqua Fitness/Lane Swim 9:00 - 10:30 am Barre Stars 6:00 - 7:00 pm Hatha Yoga 7:30 - 8:30 pm</p>	<p>4 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</p>	<p>5 Aqua Fitness/Lane Swim 9:00 - 10:30 am Winter Walk Day starts at noon (meet at the Big Horn Golden Age Club parking lot)</p>	<p>6 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 6:00-7:00 pm</p>	<p>7 Aqua Fitness/Lane Swim 9:00 - 10:30 am Firm & Flex 5:30 - 6:30 pm</p>	<p>8 Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm</p>
9	<p>10 Aqua Fitness/Lane Swim 9:00 - 10:30 am Barre Stars 6:00 - 7:00 pm Hatha Yoga 7:30 - 8:30 pm</p>	<p>11 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</p>	<p>12 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm</p>	<p>13 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 6:00-7:00 pm</p>	<p>14 Aqua Fitness/Lane Swim 9:00 - 10:30 am Firm & Flex 5:30 - 6:30 pm HAPPY Valentine's DAY </p>	<p>15 Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm</p>
16	<p>17 Happy Family Day! </p>	<p>18 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</p>	<p>19 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm</p>	<p>20 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 6:00-7:00 pm</p>	<p>21 Aqua Fitness/Lane Swim 9:00 - 10:30 am Firm & Flex 5:30 - 6:30 pm</p>	<p>22 Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm</p>
23	<p>24 Aqua Fitness/Lane Swim 9:00 - 10:30 am Barre Stars 6:00 - 7:00 pm</p>	<p>25 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</p>	<p>26 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm</p>	<p>27 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 6:00-7:00 pm</p>	<p>28 Aqua Fitness/Lane Swim 9:00 - 10:30 am Firm & Flex 5:30 - 6:30 pm</p>	





PARENT/INFANT WATER WORKOUT

AGES: 6 - 36 months and participating parent

WHEN: Tuesdays, March 4, 11, 18 & 25

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. Here are a few tips... to save last-minute scrambling and stress:

- pack up as much as possible the evening before
- Baby supplies, extra diapers, etc., baby swim diaper and swimsuit, two towels.

Change baby **FIRST** after class. The air will feel cool when you return to the changing room after class. Most parents focus on getting babies into warm and dry clothes and then change themselves.

Don't stress, and just go. Whatever happens, take a deep breath and think of all the benefits of getting out and exercising with your baby. It's not always smooth, but it's always worth it to improve your physical, mental and social health. You will both get the hang of it soon!

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, to provide ideas for low impact exercises with a selection of pool equipment to work a variety of muscle groups.

FIRM & FLEX

AGES: 16 +

WHEN: Fridays, March 7, 14 & 28

TIMES: 5:30 - 6:30 pm

COST: Included with Membership.

This class will help you stretch your limits and tone up while breaking a sweat! A class designed to sculpt and stretch your body. No pressure, just good vibes, a little bit of muscle burn, and a lot of fun! This class combines upbeat music, easy-to-follow movements, and a variety of exercises that target all major muscle groups. Improve your strength and enhance flexibility. Get ready to 'stretch' your imagination and 'tone' your way to a stronger, more toned and flexible you!

WHEELS & WEIGHTS

AGES: 16+

WHEN: Tuesdays, March 4, 11, 18 & 25

5:30 - 6:30 pm

Saturdays, March 8, 15, 22 & 29

9:30 - 10:30 am

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.

BARRE STARS

AGES: 16+

WHEN: Mondays, March 3, 10, 17, 24 & 31

TIME: 6:00 - 7:00 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.

HATHA YOGA

AGES: 16+

WHEN: Mondays,

TIME: 7:30 - 8:30 pm

COST: Included with Membership.

This all-levels yoga class combines breath and movement to increase strength, balance and flexibility. Hatha yoga is a powerful way to down-regulate your nervous system and manage stress, helping you stay healthy and resilient. Please bring a yoga mat, a blanket and water.

PILATES

AGES: 16+

WHEN: Saturdays, March 1, 8, 15, 22 & 29
11:00 - 12:00 pm

Thursdays, March 6, 13, 20 & 27

6:00 - 7:00 pm

COST: Included with Membership.

A series of mat exercises for an all body workout, building long lean muscles by using your own body weight for resistance. Although the focus will primarily be on strengthening the pelvic floor and core muscles, we will do movements to condition the entire body. Pilates is known to improve posture, alignment, flexibility and restore balance in the body. Suitable for beginner to intermediate levels. Please bring your own yoga mat.

STRETCH & BALANCE

AGES: 16+

WHEN: Thursdays, March 6, 13, 20 & 27

TIME: 1:00 - 1:45 pm

COST: Included with Membership.

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

GYM ORIENTATION

AGES: 15+

WHEN: *Wednesdays, March 5 & 19*

11:00 - 11:45 am

Mondays, March 10 & 24

7:15 - 8:00 pm

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.**

FOR MORE INFORMATION:





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16	17 Aqua Fitness/Lane Swim 9:00 - 10:30 am Barre Stars 6:00 - 7:00 pm <i>Happy St. Patrick's Day</i>	18 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	19 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 11:00 - 11:45 am	20 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm Pilates 6:00-7:00 pm	21 Aqua Fitness/Lane Swim 9:00 - 10:30 am Practice Indoor Triathlon starts at 5:30 (see insert for more details on back)	22 Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm
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