






GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2025

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		<p>1 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>2 Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>3 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm Pilates 6:00-7:00 pm</p>	<p>4 Aqua Fitness/Lane Swim 9:00 - 10:30 am</p> <p>GCRC INDOOR TRIATHLON 5:30-7:00 pm</p>	<p>5 Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm</p>
<p>6 Easter Egg Hunt at the Tourism & Interpretive Centre 1-4 pm</p> 	<p>7 Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>8 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>9 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 11:00 - 11:45 am Hatha Yoga 7:30 - 8:30 pm</p>	<p>10 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm Pilates 6:00-7:00 pm</p>	<p>11 Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>12 Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm</p>
<p>13 NEW SOUND BATHS 6:00 - 7:00 pm</p>	<p>14 Aqua Fitness/Lane Swim 9:00 - 10:30 am</p> <p>Paint the Ice 5:00 - 6:30 pm</p> 	<p>15 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>16 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 11:00 - 11:45 am Hatha Yoga 7:30 - 8:30 pm</p>	<p>17 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm Pilates 6:00-7:00 pm NEW BRUTE FORCE TRAINING 7:30-8:30 pm</p>	<p>18 GOOD FRIDAY</p>	<p>19</p>
<p>20</p>	<p>21 EASTER MONDAY</p> 	<p>22 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 NEW Yoga Youth Balance & Flow Mindfulness 6:00 - 7:00 pm</p>	<p>23 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 11:00 - 11:45 am Hatha Yoga 7:30 - 8:30 pm</p>	<p>24 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm Pilates 6:00-7:00 pm NEW BRUTE FORCE TRAINING 7:30-8:30 pm</p>	<p>25 Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>26 Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm</p>
<p>27 NEW SOUND BATHS 6:00 - 7:00 pm</p>	<p>28 Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p>29 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am NEW Yoga Youth Balance & Flow Mindfulness 6:00 - 7:00 pm</p>	<p>30 Aqua Fitness/Lane Swim 9:00 - 10:30 am Hatha Yoga 7:30 - 8:30 pm</p>	<p>31</p>		

GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2025

APRIL

PARENT/INFANT WATER WORKOUT

AGES: 6 - 36 months and participating parent
WHEN: Tuesdays, April 1, 8, 15 & 22 (no class April 29)
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 couple tips...
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. No class on Good Friday or Easter Monday.
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. No instructor available on April 29.

WHEELS & WEIGHTS

AGES: 16+
WHEN: Tuesdays, April 1, 8, 15 & 22 (no class April 29)
5:30 - 6:30 pm
Saturdays, April 5, 12 & 26 (no class April 19)
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.

HATHA YOGA

AGES: 16+
WHEN: Wednesdays, April 9, 16, 23 & 30
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.

NEW YOGA YOUTH BALANCE & FLOW

MINDFULNESS
AGES: 12 - 17
WHEN: Tuesdays, April 22 & 29
TIME: 6:00 - 7:00 pm
COST: Included with Membership.

This youth yoga class is designed for body balance and flow, that will incorporate powerful poses, imaginative themes, and gentle guidance to foster body awareness, mindfulness, and a positive yoga experience.

FOR MORE INFORMATION:

Phone: 780-827-2446
Website: www.mdgreenview.ab.ca
Facebook: Grande Cache Recreation Centre

PILATES

AGES: 16+
WHEN: Saturdays, April 5, 12 & 26 (no class April 19)
11:00 - 12:00 pm
Thursdays, April 3, 10, 17 & 24
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, April 3, 10, 17 & 24
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, April 9, 16 & 23
11:00 - 11:45 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 date.**

NEW SOUND BATHS

AGES: 16+
WHEN: Sundays, April 13 & 27
TIME: 6:00 - 7:00 pm

COST: Included with Membership.
Sound Baths involve immersing participants in sound vibrations from instruments like Tibetan bowls to promote relaxation and well-being. These vibrations may help reduce stress, slow heart rate and aid in healing physical and emotional imbalances, providing relief from anxiety, pain and mood disorders.

NEW BRUTE FORCE TRAINING

AGES: 16+
WHEN: Thursdays, April 17 & 24
TIME: 7:30 - 8:30 pm

COST: Included with Membership.
Unleash your strength in this **men's-only** boot camp! Using calisthenics to blast away the dad bod and core exercises to crush the beer gut, you'll tap into primal movements to build strength and boost mobility—no boring stretches required. Sweat, grunt, and power through to get stronger and transform your body.

MONTHLY FITNESS CHALLENGE....

A new challenge will be rolled out each month in 2025. The logbook for this challenge is available at the Customer Service desk. For assistance, please ask any Customer Service Representative. *April's challenge is all about breathing!!!*



Municipal District of
GREENVIEW

