





GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1 EVENING BODYWORKS 6:00 - 7:00 pm STRONG NATION 7:15 - 8:15 pm	2 SIT & BE FIT 10:00 10:45 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	3 EVENING BODYWORKS 6:00 - 7:00 pm	4 RISE & SHINE YOGA 6:15 - 7:15 am	5
6	7 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	8 EVENING BODYWORKS 6:00 - 7:00 pm STRONG NATION 7:15 - 8:15 pm	9 SIT & BE FIT 10:00 10:45 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	10 NO PROGRAMS	11 RISE & SHINE YOGA 6:15 - 7:15 am	12 STRONG NATION 9:15 - 10:15 am
13	14 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	15 EVENING BODYWORKS 6:00 - 7:00 pm STRONG NATION 7:15 - 8:15 pm	16 SIT & BE FIT 10:00 10:45 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	17 EVENING BODYWORKS 6:00 - 7:00 pm	18 GOOD FRIDAY NO PROGRAMS 	19
20	21 NO PROGRAMS HAPPY EASTER	22 EVENING BODYWORKS 6:00 - 7:00 pm STRONG NATION 7:15 - 8:15 pm	23 SIT & BE FIT 10:00 10:45 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	24 EVENING BODYWORKS 6:00 - 7:00 pm	25 RISE & SHINE YOGA 6:15 - 7:15 am	26 STRONG NATION 9:15 - 10:15 am
27	28 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm	29 NO PROGRAMS	30 ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm			



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

APRIL

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, April 7, 14 & 28 (No class April 21)

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.

RISE & SHINE YOGA

AGES: 14 +

WHEN: Fridays, April 4, 11, & 25 (No class April 18)

TIME: 6:15 - 7:15 am

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

Join us at the GRM for a gentle flow that will awaken your body and calm your mind. This one-hour practice combines slow movements, deep stretches, and breathwork, perfect for all levels. Rise and Shine Yoga offers a peaceful way to start your morning, leaving you feeling balanced and refreshed.

YOGA - MONDAY

AGES: 14 +

WHEN: Mondays, April 7, & 14 (No class April 21 & 28)

TIME: 6:15 - 7:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

YOGA - WEDNESDAY

AGES: 14 +

WHEN: Wednesdays, April 2, 9, 16, 23 & 30

TIME: 6:15 - 7:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Each class is a unique experience with elements of Vinyasa Flow, Hatha Poses and sometimes even Yin practices that can be adapted to your comfort level. Whether you're a seasoned yogi or a beginner, the focus will always be on listening to your body, syncing with your breath, and moving with intention. In these classes, we'll explore the power of mindful movement to release tension, find balance, and ground yourself.

ZUMBA - MONDAY

AGES: 14+

WHEN: Mondays, April 7, 14, & 28 (No class April 21)

TIME: 5:00 - 6:00 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

ZUMBA - WEDNESDAY

AGES: 14+

WHEN: Wednesdays, April 2, 9, 16, 23, & 30

TIME: 5:00 - 6:00 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Take the "work" out of workout by mixing low & high-intensity moves for an interval-style, calorie-burning, Dance Fitness Party!

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

EVENING BODYWORKS

AGES: 14 +

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

TUESDAY

WHEN: Tuesdays, April 1, 8, 15, & 22 (No class April 29)

TIME: 6:00 - 7:00 pm

THURSDAY

WHEN: Thursdays, April 3, 17, & 24 (No class April 10)

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 - TUESDAY

AGES: 14 +

WHEN: Tuesdays, April 1, 8, 15, & 22

TIME: 7:15 - 8:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

STRONG - SATURDAY

AGES: 14 +

WHEN: April 12 & 26 (No class April 5 or 19)

TIME: 9:15 - 10:15 am

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

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, April 2, 9, 16, & 23 (No class April 30)

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](#)