



GRANDE CACHE RECREATION CENTRE
FITNESS PROGRAMS 2025

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				<div>1</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 6:00-7:00 pm Brute Force Training 7:30-8:30 pm</div>	<div>2</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am</div>	<div>3</div> <div>Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm Dance into the Spotlight 1-2 pm (see insert on reverse)</div>
<div>4</div>	<div>5</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am</div>	<div>6</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Pick Up the Pace! 6:00-7:00 pm Yoga Youth Balance & Flow Mindfulness (ages 10-17) 6:00 - 7:00 pm Yin Yoga 7:30 - 8:30 pm</div>	<div>7</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 11:00 - 11:45 am Lunch on the Move WALKING 12:05 - 12:55 pm (meet at the upper baseball diamonds)</div>	<div>8</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00 - 1:45 pm Hiking Kick Off Event 4-6 pm at the Tourism Centre (see insert on reverse) Pilates 6:00-7:00 pm Brute Force Training 7:30-8:30 pm</div>	<div>9</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am</div>	<div>10</div> <div>Pilates 11:00-12:00pm</div>
<div>11</div> <div>Happy Mother's Day</div>	<div>12</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 4:00-4:45 pm</div>	<div>13</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Pick Up the Pace 6:00-7:00 pm Yoga Youth Balance & Flow Mindfulness (ages 10-17) 6:00 - 7:00 pm Yin Yoga 7:30 - 8:30 pm</div>	<div>14</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am</div>	<div>15</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00-1:45pm Pilates 6:00-7:00 pm Brute Force Training 7:30-8:30 pm</div>	<div>16</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)</div>	<div>17</div>
<div>18</div>	<div>19</div> <div>Victoria Day</div>	<div>20</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Pick Up the Pace! 6:00-7:00 pm Yoga Youth Balance & Flow Mindfulness (ages 10-17) 6:00 - 7:00 pm Yin Yoga 7:30 - 8:30 pm</div>	<div>21</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 11:00 - 11:45 am Lunch on the Move WALKING 12:05 - 12:55 pm (meet at the upper baseball diamonds)</div>	<div>22</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00-1:45pm Pilates 6:00-7:00 pm Brute Force Training 7:30-8:30 pm</div>	<div>23</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)</div>	<div>24</div> <div>Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm</div>
<div>25</div> <div>Sound Baths 6:00-7:00 pm</div>	<div>26</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 4:00-4:45 pm</div>	<div>27</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Pick Up the Pace! 6:00-7:00 pm Yoga Youth Balance & Flow Mindfulness (ages 10-17) 6:00 - 7:00 pm Yin Yoga 7:30 - 8:30 pm</div>	<div>28</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch on the Move WALKING 12:05 - 12:55 pm (meet at the upper baseball diamonds)</div>	<div>29</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00-1:45pm Pilates 6:00-7:00 pm Brute Force Training 7:30-8:30 pm</div>	<div>30</div> <div>Aqua Fitness/Lane Swim 9:00 - 10:30 am Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)</div>	<div>31</div> <div>Wheels & Weights 9:30 - 10:30 am Pilates 11:00-12:00pm</div>

GRANDE CACHE RECREATION CENTRE
FITNESS PROGRAMS 2025

MAY

PARENT/INFANT WATER WORKOUT

AGES: 6 - 36 months and participating parent
WHEN: Tuesdays, May 6, 13, 20 & 27
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 May 19 (Victoria Day).
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.

PICK UP THE PACE!

AGES: 16+
WHEN: Tuesdays, May 6, 13, 20 & 27
6:00 - 7:00 pm
COST: Included with Membership
This isn't just a spin class — it's a full-body conditioning experience. This class blends the high-intensity energy of indoor cycling with targeted weight training for a workout that challenges your endurance, builds muscle, and leaves you feeling powerful. Expect rhythm-based rides, interval climbs, and short strength circuits using light weights to tone arms, shoulders, and core — all set to an energizing playlist that keeps you motivated from start to finish. Whether you're chasing a sweat or chasing strength, this class is your perfect two-for-one.
You can attend this class while your youth (12-17 years) attends YOGA YOUTH BALANCE & FLOW MINDFULNESS at the same time!

YOGA YOUTH BALANCE & FLOW MINDFULNESS

AGES: 10 - 17
WHEN: Tuesdays, May 6, 13, 20 & 27
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.

YIN YOGA

AGES: 18+
WHEN: Tuesdays, May 6, 13, 20 & 27
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.

TAILS & TRAILS

AGES: 16+
WHEN: Fridays, May 16, 23 & 30
TIME: 4:00 - 5:00 pm
COST: Included with Membership.
Explore some of the amazing trails wit your furry friend. Dogs must be social with other dogs and leashed. **Meet at the Labyrinth!**



Check out the fun activities at the Hiking Kick Off Event, visit: <https://mdgreenview.ab.ca/hiking-kick-off-event-grande-cache/>

PILATES

AGES: 16+
WHEN: Saturdays, May 3, 10, 24 & 31 (No class May 17)
11:00 - 12:00 pm
Thursdays, May 1, 8, 15, 22 & 29
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, May 8, 15, 22 & 29
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.

WHEELS & WEIGHTS

AGES: 16+
WHEN: Saturdays, May 3, 24 & 31
TIME: 9:30 - 10:30 am
COST: Included with Membership.
Sweat on a spin bike then add some weighted exercises... repeat, then add some stretches at the end.

LUNCH ON THE MOVE...WALKING

AGES: 16+
WHEN: Wednesdays, May 7, 21 & 28 (No class May 14)
TIME: 12:05 - 12:55 pm
COST: Included with Membership.
Come walk with us during your lunch break. **Meet at the upper baseball diamonds.** Wear appropriate shoes and dress for the weather!

GYM ORIENTATION

AGES: 15+
WHEN: Wednesdays, May 7 & 21
11:00 - 11:45 am
Mondays, May 12 & 26
4:00 - 4:45 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 date.**

SOUND BATHS

AGES: 16+
WHEN: Sundays, May 25 only!!!!
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. Please bring a yoga mat, water and a blanket.

BRUTE FORCE TRAINING

AGES: 18+
WHEN: Thursdays, May 1, 8, 15, 22 & 29
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. *May's challenge is all about moving!!!*

FOR MORE INFORMATION:
Phone: 780-827-2446
Website: www.mdgreenview.ab.ca
Facebook: [Grande Cache Recreation Centre](#)



Municipal District of
GREENVIEW