



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025



MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 RISE & SHINE BOOTCAMP 6:00 - 7:00 am	6 EVENING BODYWORKS 6:00 - 7:00 pm	7 SIT & BE FIT 10:00 - 10:45 am YOGA 6:15 - 7:15 pm	8 NEW! YOUTH FIT 5:15 - 6:15 pm 	9	10
11	12 RISE & SHINE BOOTCAMP 6:00 - 7:00 am	13 EVENING BODYWORKS 6:00 - 7:00 pm	14 SIT & BE FIT 10:00 - 10:45 am YOGA 6:15 - 7:15 pm	15 NO PROGRAMS	16	17
18	19 NO PROGRAMS VICTORIA DAY	20 EVENING BODYWORKS 6:00 - 7:00 pm	21 SIT & BE FIT 10:00 - 10:45 am YOGA 6:15 - 7:15 pm	22 YOUTH FIT 5:15 - 6:15 pm	23	24
25	26 RISE & SHINE BOOTCAMP 6:00 - 7:00 am	27 EVENING BODYWORKS 6:00 - 7:00 pm	28 SIT & BE FIT 10:00 - 10:45 am YOGA 6:15 - 7:15 pm	29 YOUTH FIT 5:15 - 6:15 pm	30	31



RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, May 5, 12 & 26 (No class May 19)

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.

YOGA - WEDNESDAY

AGES: 14 +

WHEN: Wednesdays, May 7, 14, 21 & 28

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.

EVENING BODYWORKS

AGES: 14 +

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

TUESDAY

WHEN: Tuesdays, May 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.

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

YOUTH FIT

AGES: 14 - 17

WHEN: Thursdays, May 8, 22 & 29 (No class May 15)

TIME: 5:15 - 6:15 pm

LOCATION: Fitness Centre, Track & Studio

COST: Included with Membership or Daily Drop-in Rate

Get ready to move and grow stronger! This class is designed just for teens, blending fun and fitness to create the ultimate active experience. Through circuits and activities, participants will improve their strength, coordination, and confidence—all while having a blast! No matter their fitness level, this class is about making movement enjoyable and building healthy habits that last a lifetime. Let's get moving together!

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, May 7, 14, 21 & 28

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)

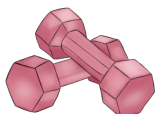
WHEN: Available Upon Request

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.mdgreenvieview.ab.ca

Facebook: [Greenview Regional Multiplex](#)