








## GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025



# JUNE



SUN	MON	TUE	WED	THU	FRI	SAT
1  <b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am	2  <b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am	3  <b>EVENING BODYWORKS</b> 6:00 - 7:00 pm	4  <b>SIT &amp; BE FIT</b> 10:00 - 10:45 am	5  <b>YOUTH FIT</b> 5:15 - 6:15 pm  	6	7
8	9  <b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am	10  <b>EVENING BODYWORKS</b> 6:00 - 7:00 pm	11  <b>SIT &amp; BE FIT</b> 10:00 - 10:45 am	12  <b>YOUTH FIT</b> 5:15 - 6:15 pm	13	14
15	16  <b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am	17  <b>EVENING BODYWORKS</b> 6:00 - 7:00 pm	18  <b>SIT &amp; BE FIT</b> 10:00 - 10:45 am	19  <b>YOUTH FIT</b> 5:15 - 6:15 pm	20	21
22	23  NO PROGRAMMING	24  <b>GREENVIEW RATEPAYER BBQ IN THE FIELDHOUSE</b> 5:00- 7:00 PM  	25  <b>SIT &amp; BE FIT</b> 10:00 - 10:45 am	26  NO PROGRAMMING	27	28
29    NO PROGRAMMING	30	1  	2			



## RISE & SHINE BOOTCAMP

**AGES:** 14 +

**WHEN:** Mondays, June 2, 9 & 16

(No class June 23 or 30)

**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.

## EVENING BODYWORKS

**AGES:** 14 +

**LOCATION:** Fitness Studio

**COST:** Included with Membership or Daily Drop-in Rate

**TUESDAY**

**WHEN:** Tuesdays, June 3, 10 & 17

(No class June 24)

**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, June 5, 12 & 19 (No class June 26)

**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, June 4, 11, 18 & 25

**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.mdgreenvview.ab.ca](http://www.mdgreenvview.ab.ca)

**Facebook:** [Greenview Regional Multiplex](https://www.facebook.com/GreenviewRegionalMultiplex)