




GRANDE CACHE RECREATION CENTRE  
FITNESS PROGRAMS 2025

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 	2 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch on the Move 12:05-12:55 pm Gym Orientation 4:15-5:00pm	3 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00-1:15 pm Pilates 6:00-7:00 pm Brute Force Training 7:30-8:30 pm	4 Aqua Fitness/Lane Swim 9:00 - 10:30 am Power Stretch 12:05-12:55 pm Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)	5 Pilates 11:00 am - 12:00 pm
6	7 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pick Up the Pace 5:30-6:30 pm	8 Aqua Fitness/Lane Swim 9:00 - 10:30 am Yoga Youth Balance & Flow Mindfulness (ages 10-17) 6:00 - 7:00 pm Yin Yoga 7:30-8:30 pm	9 Aqua Fitness/Lane Swim 9:00 - 10:30 am	10 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 6:00-7:00 pm Brute Force Training 7:30-8:30 pm	11 Aqua Fitness/Lane Swim 9:00 - 10:30 am Power Stretch 12:05-12:55 pm Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)	12 Pilates 11:00 am - 12:00 pm
13	14 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pick Up the Pace 5:30-6:30 pm	15 Aqua Fitness/Lane Swim 9:00 - 10:30 am Yoga Youth Balance & Flow Mindfulness (ages 10-17) 6:00 - 7:00 pm Yin Yoga 7:30-8:30 pm	16 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch on the Move 12:05-12:55 pm Gym Orientation 4:15-5:00pm	17 Aqua Fitness/Lane Swim 9:00 - 10:30 am	18 Aqua Fitness/Lane Swim 9:00 - 10:30 am Power Stretch 12:05-12:55 pm Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)	19
20 Sound Baths 6:00-7:00 pm	21 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pick Up the Pace 5:30-6:30 pm	22 Aqua Fitness/Lane Swim 9:00 - 10:30 am Yoga Youth Balance & Flow Mindfulness (ages 10-17) 6:00 - 7:00 pm Yin Yoga 6:00-7:00 pm	23 Aqua Fitness/Lane Swim 9:00 - 10:30 am Lunch on the Move 12:05-12:55 pm Gym Orientation 4:15-5:00pm	24 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Balance 1:00-1:15 pm Pilates 6:00-7:00 pm Brute Force Training 7:30-8:30 pm	25 Aqua Fitness/Lane Swim 9:00 - 10:30 am Power Stretch 12:05-12:55 pm Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)	26 Pilates 11:00 am - 12:00 pm
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FITNESS PROGRAMS 2025

JULY

AQUA FITNESS/LANE SWIM

**AGES:** 16+  
**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. **No class July 1 to celebrate Canada 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 **Mondays, Tuesdays** and **Fridays** (No instructor available Tuesday July 8) 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.

YOGA YOUTH BALANCE & FLOW MINDFULNESS

**AGES:** 10 - 17  
**WHEN:** Tuesdays, July 8, 15 & 22  
**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:** 16+  
**WHEN:** Tuesdays, July 8, 15 & 22  
**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, July 4, 11, 18 & 25  
**TIME:** 4:00 - 5:00 pm  
**COST:** Included with Membership.  
Explore some of the amazing trails with your furry friend. Dogs must be social with other dogs and leashed. **Meet at the Labyrinth!**

PICK UP THE PACE

**AGES:** 16+  
**NEW WHEN:** Mondays, July 7, 14, 21 & 28  
**TIME:** 5:30 - 6:30 pm  
**COST:** Included with Membership.  
This isn't just a spin class - it's a full body conditioning experience. This 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 weights to tone arms, shoulders and core - all set to an energizing playlist that keeps you motivated from start to finish. Whether you are chasing a sweat or chasing strength, this is your perfect two-for-one!

POWER STRETCH

**AGES:** 16+  
**WHEN:** Fridays, July 4, 11, 18 & 25  
**TIME:** 12:05 - 12:55 pm  
**COST:** Included with Membership.  
Feel invigorated with this power stretching class that blends strength-based holds, dynamic movement, and deep stretches to boost mobility, build core stability, and unlock tension. Perfect for anyone looking to improve range of motion, recover smarter, and feel amazing in their body —no pretzel skills required. Expect upbeat music, good vibes, and serious stretch satisfaction.

GYM ORIENTATION

**AGES:** 15+  
**WHEN:** Wednesdays, July 2,16, 23 & 30  
**TIME:** 4:15 - 5:00 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.**

PILATES

**AGES:** 16+  
**WHEN:** Thursdays, July 3, 10, 24 & 31 (No class July 17)  
6:00 - 7:00 pm  
Saturdays, July 5, 12 & 26 (No class July 19)  
11:00 - 12:00 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, July 3, 24 & 31 (No class July 10 or 17)  
**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.

LUNCH ON THE MOVE...WALKING

**AGES:** 16+  
**WHEN:** Wednesdays, July 2, 16, 23 & 30 (No class July 9)  
**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!

SOUND BATHS

**AGES:** 16+  
**WHEN:** Sundays, July 20  
**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, July 3, 10, 24 & 31 (No class July 17)  
**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.

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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. July's *challenge is all about balance!!!*

FOR MORE INFORMATION:

Phone: 780-827-2446

Website: [www.mdgreenview.ab.ca](http://www.mdgreenview.ab.ca)

Facebook: [Grande Cache Recreation Centre](#)



PICKLEBALL FUN DOUBLES TOURNAMENT

DATE: Friday, August 8, 2025

TIME: Games start at 6:00 pm

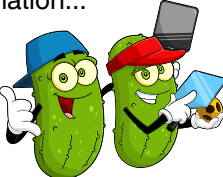
COST: \$15.00 per player

LOCATION: Grande Cache Curling Rink

Celebrate National Pickleball Day by taking part in our 2nd Annual Pickleball Fun Doubles Tournament.

Registration closes August 5, 2025.

Watch social media for more information...



Municipal District of  
GREENVIEW