




GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

AUGUST



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



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

AUGUST

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, August 11, 18 & 25

(No class August 4)

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, August 5, 12, 19 & 26

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



RISE & SHINE YOGA

AGES: 14 +

WHEN: Fridays, August 1, 8, 15 & 22

(No class August 29)

TIME: 7:00 - 7:45 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.

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, August 6, 13 & 20

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](#)