





GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

SEPTEMBER

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



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

SEPTEMBER

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, September 8, 15, 22 & 29

(No class September 1)

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, September 9, 16, 23 & 30

THURSDAY

WHEN: Thursdays, September 18 & 25

(No class September 2, 4 or 11)

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.

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, September 3, 17 & 24 (No class September 10)

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.

YOGA - WEDNESDAY

AGES: 14 +

WHEN: Wednesdays, September 3, 10, 17 & 24

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 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.

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, September 5, 12, 19 & 26

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.

ZUMBA - MONDAY

AGES: 14+

WHEN: Mondays, September 15, 22 & 29

(No class September 1 & 8)

TIME: 5:00 - 6:00 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Take the "work" out of workout by mixing low & high-intensity moves for an interval-style, calorie-burning, Dance Fitness Party!

PILATES

AGES: 14 +

WHEN: Fridays, September, 19 & 26

(No class September 5 & 12)

TIME: 5:30 - 6:30 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Each Pilates class will begin with breath work and a gentle alignment focused warm up. Next, you will move through more challenging exercises that will help you to rediscover your core. You will be encouraged to practice connecting to your core while creating productive movement patterns. The focus will be on core stability and proper alignment head to toe. Pilates will give you better posture, longer and leaner muscles, and relief from tension and stress in your body. This class will help you to build a deeper mind-body connection with emphasis on breath work throughout!

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](#)