



GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2025

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Aqua Fitness/Lane Swim 9:00 - 10:30 am	3 Aqua Fitness/Lane Swim 9:00 - 10:30 am RECREATION ROUND-UP 5:00-6:30 pm curling rink	4 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strength & Balance 1:00-1:45 pm Pilates 6:00 - 7:00 pm Core Strength Bootcamp 7:30-8:30 pm	5 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gentle Outdoor Walk 11-11:45 am (meet at Whispering Pines Lodge) Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)	6 Core Strength Bootcamp 11:00 am-12:00 pm
7	8 Aqua Fitness/Lane Swim 9:00 - 10:30 am Spin & Mobility Burn 5:30-7:00 pm	9 Aqua Fitness/Lane Swim 9:00 - 10:30 am Hiking starts at 5:30 pm (meet in rec parking lot) Aqua After Dark 7:00-8:00 pm	10 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 4:15-5:00 pm	11 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strength & Balance 1:00-1:45 pm Pilates 6:00 - 7:00 pm Core Strength Bootcamp 7:30-8:30 pm	12 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gentle Outdoor Walk 11-11:45 am (meet at Whispering Pines Lodge) Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)	13 Core Strength Bootcamp 11:00 am-12:00 pm
14	15 Aqua Fitness/Lane Swim 9:00 - 10:30 am Spin & Mobility Burn 5:30-7:00 pm	16 Aqua Fitness/Lane Swim 9:00 - 10:30 am Hiking starts at 5:30 pm (meet in rec parking lot) Aqua After Dark 7:00-8:00 pm	17 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 4:15-5:00 pm	18 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strength & Balance 1:00-1:45 pm Pilates 6:00 - 7:00 pm Core Strength Bootcamp 7:30-8:30 pm	19 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gentle Outdoor Walk 11-11:45 am (meet at Whispering Pines Lodge) Tails & Trails 4:00-5:00 pm (meet at the Labyrinth)	20 Core Strength Bootcamp 11:00 am-12:00 pm
21	22 Aqua Fitness/Lane Swim 9:00 - 10:30 am Spin & Mobility Burn 5:30-7:00 pm	23 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 11:00-11:45 am Hiking starts at 5:30 pm (meet in rec parking lot) Aqua After Dark 7:00-8:00 pm	24 Aqua Fitness/Lane Swim 9:00 - 10:30 am	25 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 6:00 - 7:00 pm Core Strength Bootcamp 7:30-8:30 pm	26 Aqua Fitness/Lane Swim 9:00 - 10:30 am	27 Core Strength Bootcamp 11:00 am-12:00 pm
28	29 Aqua Fitness/Lane Swim 9:00 - 10:30 am Spin & Mobility Burn 5:30-7:00 pm	30 Aqua Fitness/Lane Swim 9:00 - 10:30 am Hiking starts at 5:30 pm (meet in rec parking lot) Aqua After Dark 7:00-8:00 pm				

GRANDE CACHE RECREATION CENTRE SEPTEMBER FITNESS PROGRAMS 2025

AQUA FITNESS/LANE SWIM

AGES: 16+
WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. (No class Monday, September 1)
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 **Tuesdays** and **Fridays** (No instructor available September 26) 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.

NEW AQUA AFTER DARK

AGES: 16+
WHEN: Tuesdays, September 9, 16, 23 & 30
TIME: 7:00 - 8:00 pm
COST: Included with Membership.
Ditch the treadmill and make a splash! This evening Aquafit class blends cardio, strength, and water resistance to sculpt muscles and torch calories—without the impact. Bring your energy (and maybe a friend!). It's the perfect way to shake off the day, boost your mood, and head home feeling refreshed instead of drained. Jump in, cool down, and fire up your fitness!

NEW SPIN & MOBILITY BURN

AGES: 16+
WHEN: Mondays, September 8, 15, 22 & 29
TIME: 5:30 - 7:00 pm
COST: Included with Membership.
Ride, sweat, and release tension the powerful way. Start with a heart pounding spin, then transition into muscle-focused mobility work that challenges your strength, balance, and control. Expect fire in the legs, power in the core, and freedom in your movement.

HIKING

AGES: 16+
WHEN: Tuesdays, September 9, 16, 23 & 30
TIME: 5:30 pm we leave the rec centre parking lot. Hikes average an hour but may run longer.
COST: Included with Membership.
We will explore different trails around the community to train and build our hiking skills.
Dress appropriately for the weather - we hike rain, snow or shine. Hikes are in all terrains, and proper hiking footwear is needed.

STRETCH & BALANCE

AGES: 16+
WHEN: Thursdays, September 4, 11 & 18 (No class September 25)
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.

NEW GENTLE OUTDOOR WALK

AGES: 16+
WHEN: Fridays, September 5, 12 & 19 (No walk on September 26)
TIME: 11:00 - 11:45 am
COST: Included with Membership.
Take some time to enjoy the fresh air. Walks are on a variety of terrains which challenges your physical and mental health and balance. Wear good walking shoes and bring water and poles if you like.

PILATES

AGES: 16+
WHEN: Thursdays, September 4, 11, 18 & 25
6:00 - 7:00 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.

NEW CORE STRENGTH BOOTCAMP

AGES: 16+
WHEN: Thursdays, September 4, 11, 18 & 25
7:30 - 8:30 pm
Saturdays, September 6, 13, 20 & 27
11:00 am - 12:00 pm
COST: Included with Membership.
You can expect to get your heart rate up, push your limits and set your muscles on fire as you go through a series of fun and challenging exercises. This boot camp style class combines a mix of cardio, strengthening and balancing exercises. This workout will burn calories and help increase your metabolism and stamina. It includes some high impact movements for bone health, however modifications are an option for those requiring lower impact. Bring your own yoga mat.

GYM ORIENTATION

AGES: 15+
WHEN: Wednesdays, September 10 & 17
4:15 - 5:00 pm
Tuesday, September 23
11:00 - 11:45 am
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.**

TAILS & TRAILS

AGES: 16+
WHEN: Fridays, September 5, 12 & 19 (No walk on September 26)
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. There may be opportunities for dogs to be unleashed. Meet at the Labyrinth!

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. *September's challenge is all about exercising with a friend!!!*

FOR MORE INFORMATION:
Phone: 780-827-2446
Website: www.mdgreenview.ab.ca
Facebook: [Grande Cache Recreation Centre](https://www.facebook.com/GrandeCacheRecreationCentre)



**Municipal District of
GREENVIEW**