






GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
			<div>1</div> <div>SIT & BE FIT 10:00 - 10:45 am</div> <div>YOGA 6:15 - 7:15 pm</div> <div>ZUMBA 5:00 -6:00 pm</div>	<div>2</div> <div>LIQUID ZEN 7:00 - 7:45 am</div>	<div>3</div> <div>ZENERGY 7:00 - 7:45 am</div> <div>PILATES BEGINNER 5:30 - 6:30 pm</div>	<div>4</div>
<div>5</div>	<div>6</div> <div>RISE & SHINE BOOTCAMP 6:00 - 7:00 am</div> <div>SILVER STRIDERS 9:00 - 10:00 am</div> <div>EVENING ZEN YOGA 7:00 - 7:45 pm</div> <div>ZUMBA 5:00 - 6:00 pm</div>	<div>7</div> <div>EVENING BODYWORKS 6:00 - 7:00 pm</div>	<div>8</div> <div>SIT & BE FIT 10:00 - 10:45 am</div> <div>YOGA 6:15 - 7:15 pm</div> <div>ZUMBA 5:00 - 6:00 pm</div>	<div>9</div> <div>LIQUID ZEN 7:00 - 7:45 am</div> <div>EVENING BODYWORKS 6:00 - 7:00 pm</div>	<div>10</div> <div>ZENERGY 7:00 - 7:45 am</div> <div>PILATES BEGINNER 5:30 - 6:30 pm</div>	<div>11</div>
<div>12</div>	<div>13</div>  <div>NO PROGRAMS</div>	<div>14</div> <div>EVENING BODYWORKS 6:00 - 7:00 pm</div> <div>STRONG 7:15 - 8:15 pm</div>	<div>15</div> <div>SIT & BE FIT 10:00 - 10:45 am</div> <div>YOGA 6:15 - 7:15 pm</div> <div>ZUMBA 5:00 - 6:00 pm</div>	<div>16</div> <div>LIQUID ZEN 7:00 - 7:45 am</div> <div>EVENING BODYWORKS 6:00 - 7:00 pm</div>	<div>17</div> <div>ZENERGY 7:00 - 7:45 am</div> <div>PILATES BEGINNER 5:30 - 6:30 pm</div>	<div>18</div>
<div>19</div>	<div>20</div> <div>RISE & SHINE BOOTCAMP 6:00 - 7:00 am</div> <div>SILVER STRIDERS 9:00 - 10:00 am</div> <div>ZUMBA 5:00 - 6:00 pm</div> <div>EVENING ZEN YOGA 7:00 - 7:45 pm</div>	<div>21</div> <div>EVENING BODYWORKS 6:00 - 7:00 pm</div> <div>STRONG 7:15 - 8:15 pm</div>	<div>22</div> <div>SIT & BE FIT 10:00 - 10:45 am</div> <div>YOGA 6:15 - 7:15 pm</div> <div>ZUMBA 5:00 - 6:00 pm</div>	<div>23</div> <div>LIQUID ZEN 7:00 - 7:45 am</div> <div>EVENING BODYWORKS 6:00 - 7:00 pm</div>	<div>24</div> <div>ZENERGY 7:00 - 7:45 am</div> <div>PILATES BEGINNER 5:30 - 6:30 pm</div>	<div>25</div>
<div>26</div>	<div>27</div> <div>RISE & SHINE BOOTCAMP 6:00 - 7:00 am</div> <div>ZUMBA 5:00 - 6:00 pm</div> <div>SILVER STRIDERS 9:00 - 10:00 am</div> <div>EVENING ZEN YOGA 7:00 - 7:45 pm</div>	<div>28</div> <div>EVENING BODYWORKS 6:00 - 7:00 pm</div> <div>STRONG 7:15 - 8:15 pm</div>	<div>29</div> <div>SIT & BE FIT 10:00 - 10:45 am</div> <div>YOGA 6:15 - 7:15 pm</div> <div>ZUMBA 5:00 - 6:00 pm</div>	<div>30</div> <div>LIQUID ZEN 7:00 - 7:45 am</div> <div>EVENING BODYWORKS 6:00 - 7:00 pm</div>	<div>31</div> 	



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

OCTOBER

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, October 6, 20 & 27

(No class October 13)

TIME: 6:00 - 7:00 am

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

EVENING BODYWORKS

AGES: 14 +

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

TUESDAY

WHEN: Tuesdays, October 7, 14, 21 & 28

THURSDAY

WHEN: Thursdays, October 9, 16, 23 & 30

(No class October 2)

TIME: 6:00 - 7:00 pm

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, October 1, 8, 15, 22 & 29

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, October 1, 8, 15, 22 & 29

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 sometimes even 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. In these classes, we'll explore the power of mindful movement to release tension, find balance, and ground yourself.

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

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

EVENING ZEN YOGA

AGES: 14 +

WHEN: Mondays, October 6, 20 & 27

(No class October 13)

TIME: 7:00 - 7:45 pm

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

Evening Zen style yoga will ease your muscles into recovery, releasing tension and quieting the mind. Enjoy slow movements and deep stretches with breathe work practice.

SILVER STRIDERS

AGES: 55 +

WHEN: Mondays, October 6, 20 & 27

(No class October 13)

TIME: 9:00 - 10:00 am

LOCATION: Track

COST: Included with Membership or Daily Drop-in Rate

Improve mobility, increase stamina and simply enjoy a social walk! During this 1 hour guided track program seniors will stay moving, healthy, and engaged. Balance exercise and gentle strength movements will be included.

ZENERGY

AGES: 14 +

WHEN: Fridays, October 3, 10, 17 & 24

(No class October 31)

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 well balanced class that combines the best of both worlds with 30 minutes of HITT to boost strength and 15 minutes of flow yoga to stretch, slow down, and leave you feeling refreshed!

ZUMBA - MONDAY

AGES: 14+

WHEN: Mondays, October 6, 20 & 27

(No class October 13)

ZUMBA - WEDNESDAY

WHEN: Mondays, October 1, 8, 15, 22 & 29

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!

STRONG - TUESDAY

AGES: 14 +

WHEN: Tuesdays, October 14, 21 & 28

TIME: 7:15 - 8:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Stop counting the reps. Start training to the beat. Strong combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

PILATES

AGES: 16 +

WHEN: Fridays, October 3, 10 & 17

(No class October 31)

TIME: 5:30 - 6:30 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Build your core muscles with Pilates! This class will give you better posture, longer and leaner muscles, and relief from tension and stress in your body.



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](#)