



GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2025

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Hiking starts at 8:00 am (meet at the Rec Centre parking lot)
2	3 Aqua Fitness/Lane Swim 9:00 - 10:30 am Ride for the Finish 5:30-6:45 pm	4 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45-10:30 am Align & Empower 7:00-8:00 pm	5 Aqua Fitness/Lane Swim 9:00 - 10:30 am Core Strength Bootcamp 5:30-6:30 pm	6 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strength & Balance 1:00-1:45 pm Pilates 5:30-6:30 pm	7 Aqua Fitness/Lane Swim 9:00 - 10:30 am	8 Hiking starts at 8:00 am (meet at the Rec Centre parking lot)
9	10 NO CLASSES	11 Remembrance Day 	12 Aqua Fitness/Lane Swim 9:00 - 10:30 am Core Strength Bootcamp 5:30-6:30 pm	13 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strength & Balance 1:00-1:45 pm Pilates 5:30-6:30 pm	14 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 4:00-5:00 pm	15 Hiking starts at 8:00 am (meet at the Rec Centre parking lot)
16	17 Aqua Fitness/Lane Swim 9:00 - 10:30 am Ride for the Finish 5:30-6:45 pm	18 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45-10:30 am Align & Empower 7:00-8:00 pm	19 Aqua Fitness/Lane Swim 9:00 - 10:30 am Core Strength Bootcamp 5:30-6:30 pm	20 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strength & Balance 1:00-1:45 pm Pilates 5:30-6:30 pm	21 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 4:00-5:00 pm	22 November Spin-a-Thon 10:00am - 4:00pm
23/30  NOV 30 Griswold Family Christmas Tree Hunt 10 am-noon	24 Aqua Fitness/Lane Swim 9:00 - 10:30 am Ride for the Finish 5:30-6:45 pm	25 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45-10:30 am Align & Empower 7:00-8:00 pm	26 Aqua Fitness/Lane Swim 9:00 - 10:30 am Core Strength Bootcamp 5:30-6:30 pm	27 Aqua Fitness/Lane Swim 9:00 - 10:30 am Strength & Balance 1:00-1:45 pm Pilates 5:30-6:30 pm ***** Lighting of Rocky!!! 5:30-6:30pm	28 Aqua Fitness/Lane Swim 9:00 - 10:30 am	29

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NOVEMBER

AQUA FITNESS/LANE SWIM

AGES: 16+
WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. (No class Monday, November 10 or 11)
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** 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. No instructor November 28

RIDE FOR THE FINISH

AGES: 16+
WHEN: Mondays, November 3, 17 & 24
TIME: 5:30 - 6:45 pm
COST: Included with Membership.

Get ready to ride with purpose! This class is designed to help you build the endurance, strength, and stamina you'll need for the upcoming Spin-a-thon. Each session combines interval training, hill climbs, and steady endurance rides to boost your cardiovascular fitness and cycling performance. Whether you're aiming to crush your mileage goal or simply finish strong, you'll gain confidence and power with every pedal stroke. Come train hard, sweat together, and get Spin-a-thon ready!

HIKING

AGES: 16+
WHEN: Saturdays, November 1, 8 & 15
TIME: 8:00 am 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. Headlamps are a good idea to bring due to the limited daylight.

STRETCH & BALANCE

AGES: 16+
WHEN: Thursdays, November 6, 13, 20 & 27
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.



JOIN US FOR THIS ANNUAL
FRESH OUTDOOR ACTIVITY

THE GRISWOLD
FAMILY CHRISTMAS
TREE HUNT!

Sunday, November 30, 2025
10:00 am - NOON
FIREMEN'S PIT ROAD

(Entrance at corner of 97 Avenue & 104 Street - follow markers)

- Bring your own saw to cut down your Christmas tree.
- Bring your own mug for hot chocolate.
- FREE tree permits administered on site.
- This area has been designated for this one day event.



PILATES

AGES: 16+
WHEN: Thursdays,
TIME: 5:30 - 6:30 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.

CORE STRENGTH BOOTCAMP

AGES: 16+
WHEN: Wednesdays, November 12, 19 & 26 (No class November 5)
TIME: 5:30 -6:30 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: Fridays, November 14 & 21
TIME: 4:00 - 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.**

PARENT/INFANT WATER WORKOUT

AGES: 16+
WHEN: Tuesdays, November 4, 18 & 25 (No class November 11)
TIME: 9:45-10:30 am
COST: Included with Membership.

An aqua fitness class with your infant. A fun way for you to get a workout while babies aged 6-36 months get water exposure.

Here are a few tips...

- change baby first
- don't stress... just come enjoy the water. Take a deep breath and think of the benefits of getting out and exercising with your baby. It is not always smooth, but it is a way to work on your mental, physical and social health. You will both get the hang of it soon.

ALIGN & EMPOWER

AGES: 16+
WHEN: Tuesdays, November 4, 18 & 25 (No class November 11)
TIME: 7:00 - 8:00 pm
COST: Included with Membership.

A total-body movement class that combines mobility training, strength work, and flow-inspired sequences to improve how you move and feel every day. Using bodyweight and functional movement patterns, you'll build power and stability while staying flexible and resilient. Each class is designed to challenge your strength and coordination while promoting better recovery and balance.

MONTHLY FITNESS CHALLENGE....

November's challenge is about posture and correct form while working out! A new challenge will be rolled out each month in 2025. The logbook for this challenge is available at the Customer Service desk.



Municipal District of
GREENVIEW