



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1 STRONG 9:15 - 10:15 am
2	3 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm EVENING ZEN YOGA 7:00 - 7:45 pm	4 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	5 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	6 LIQUID ZEN 7:00 - 7:45 am EVENING BODYWORKS 6:00 - 7:00 pm	7	8 STRONG 9:15 - 10:15 am
9	10 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm EVENING ZEN YOGA 7:00 - 7:45 pm	11  Remembrance Day No Programs	12 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	13 LIQUID ZEN 7:00 - 7:45 am EVENING BODYWORKS 6:00 - 7:00 pm	14 PILATES BEGINNER 5:30 - 6:30 pm	15 STRONG 9:15 - 10:15 am
16	17 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm EVENING ZEN YOGA 7:00 - 7:45 pm	18 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	19 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	20 LIQUID ZEN 7:00 - 7:45 am EVENING BODYWORKS 6:00 - 7:00 pm	21 PILATES BEGINNER 5:30 - 6:30 pm	22 MOVEMBER SPIN-A-THON 9:30am - 4:00pm  
23	24 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm EVENING ZEN YOGA 7:00 - 7:45 pm	25 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	26 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	27 LIQUID ZEN 7:00 - 7:45 am EVENING BODYWORKS 6:00 - 7:00 pm	28 PILATES BEGINNER 5:30 - 6:30 pm	29 Last Day to Enter in Movember Raffle Prizes Prizes will be Drawn Monday Dec 1st STRONG 9:15 - 10:15 am
30						



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, November 3, 10, 17, & 24

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, November 4, 18 & 25 (No class November 11)

THURSDAY

WHEN: Thursdays, November 6, 13, 20 & 27

TIME: 6:00 - 7:00 pm

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, November 5, 12, 19, & 26

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, November 5, 12, & 19

(No class on November 26)

TIME: 6:15 - 7:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Each class blends Vinyasa Flow, Hatha, and occasional Yin practices, adapted to your comfort level. Whether you're new or experienced, the focus is on tuning into your body, syncing with your breath, and moving with intention to release tension, find balance, and feel grounded.

EVENING ZEN YOGA

AGES: 14 +

WHEN: Mondays, November 3, 10, 17, & 24

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.

ZUMBA - MONDAY

AGES: 14+

WHEN: Mondays, November 3, 10, 17, & 24

ZUMBA - WEDNESDAY

WHEN: Mondays, November 5, 12, 19, & 26

TIME: 5:00 - 6:00 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

NOVEMBER

STRONG - TUESDAY

AGES: 14 +

WHEN: Tuesdays, November 4, 18, & 25

(No class November 11)

TIME: 7:15 - 8:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

STRONG - SATURDAY

WHEN: Saturday, November 1, 8, 15, 22 & 29

TIME: 9:15 - 10:15 am

PILATES

AGES: 16 +

WHEN: Fridays, November 14, 21, & 28

(No class November 7)

TIME: 5:30 - 6:30 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

MOVEMBER SPIN A THON



AGES: 14 +

WHEN: Saturday, November 22

TIME: 9:30 am - Rider check in

10:00 am - Spinning starts

4:00 pm - Closing Ceremony & prizes

LOCATION: Fieldhouse Gym B

REGISTER COST: \$100.00 per team

RAFFLE TICKETS: \$2.00 per entry

The Greenvview Regional Multiplex is challenging the Greenvview community to a Movember Spin A Thon, in raising the most funds for Movember Canada. The Spin A Thon will raise awareness in the community on men's mental health, suicide prevention, prostate cancer, and testicular cancer. Register with a team of 4 and spin your way to the top

during the 6 hour competition. Prizes will be given to the team travelling the furthest distance, best team costume, and best mustache.

Athletes 14+ are welcome to spin.

Registration is \$100.00 per team through the GRM Booking System (max of 4 individuals per team). Event registration deadline is November 17th, 2025. All registration fees will be donated to Movember Canada. A recumbent bike is available for patrons with limitations. Businesses are welcome to sponsor teams matching \$1.00 per 1km biked.

Raffle items have been generously donated by local business with all funds going directly to Movember Canada. Raffle items will be displayed for the month in the GRM Lobby, with draw date set for December 1st. Tickets are \$2.00 each and can be purchased at the GRM Customer Service desk.

Spinners are asked to wear clean indoor shoes, comfortable athletic clothing, towel, bring a water bottle and snacks to fuel them.

WAYS TO REGISTER:

1. **Online:**

<https://app.univerusrec.com/grmpub/index.asp>

2. **In Person:** at Greenvview Regional Multiplex, 4803 56th Avenue, Valleyview, AB, T0H3N0

FOR MORE INFORMATION:

Phone: 780-524-4097

Website: www.mdgreenvview.ab.ca

Facebook: [Greenvview Regional Multiplex](https://www.facebook.com/GreenvviewRegionalMultiplex)