



GRANDE CACHE RECREATION CENTRE
FITNESS PROGRAMS 2025

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Aqua Fitness/Lane Swim 9:00 - 10:30 am Ride for the Finish 5:30-6:45 pm	2 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	3 Aqua Fitness/Lane Swim 9:00 - 10:30 am Core Strength Bootcamp 5:45-6:45 pm	4 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20-11:00 am Pilates 5:45-6:45 pm	5 Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 12:00-1:00 pm	6
7	8 Aqua Fitness/Lane Swim 9:00 - 10:30 am Ride for the Finish 5:30-6:45 pm	9 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Stretch & Breathe 1:00-1:45 pm Align & Empower 7:00-8:00 pm	10 Aqua Fitness/Lane Swim 9:00 - 10:30 am Core Strength Bootcamp 5:45-6:45 pm	11 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20-11:00 am Pilates 5:45-6:45 pm	12 Aqua Fitness/Lane Swim 9:00 - 10:30 am	13
14	15 Aqua Fitness/Lane Swim 9:00 - 10:30 am	16 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Stretch & Breathe 1:00-1:45 pm Align & Empower 7:00-8:00 pm	17 Aqua Fitness/Lane Swim 9:00 - 10:30 am Core Strength Bootcamp 5:45-6:45 pm	18 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20-11:00 am Pilates 5:45-6:45 pm	19 Aqua Fitness/Lane Swim 9:00 - 10:30 am	20
21 Yule Glow: Merry & Mindful Holiday Special 5:00-6:00 pm	22 Aqua Fitness/Lane Swim 9:00 - 10:30 am	23 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Stretch & Breathe 1:00-1:45 pm	24	25 Merry Christmas!	26	27
28	29 Aqua Fitness/Lane Swim 9:00 - 10:30 am	30 Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Stretch & Breathe 1:00-1:45 pm	31 Aqua Fitness/Lane Swim 9:00 - 10:30 am			

GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2025

DECEMBER

AQUA FITNESS/LANE SWIM

AGES: 16+
WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. No class December 24, 25 & 26.
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 available Monday, December 8.

RIDE FOR THE FINISH

AGES: 16+
WHEN: Mondays, December 1 & 8
TIME: 5:30 - 6:45 pm
COST: Included with Membership.
Get ready to ride with purpose! This class is designed to help you build endurance, strength, and stamina. 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 and sweat together!

STRETCH & BREATHE

AGES: 16+
NEW WHEN: Tuesdays, December 9, 16, 23 & 30 (No class December 2)
TIME: 1:00 - 1:45 pm
COST: Included with Membership.
Take some time to focus on your physical and mental well-being with this calming class designed to restore balance. Through gentle stretching and mindful breathing techniques, you'll release tension, improve flexibility, and quiet the mind. This session is perfect for anyone looking to reduce stress, enhance mobility, and reconnect with their body in a supportive environment.

ALIGN & EMPOWER

AGES: 16+
WHEN: Tuesdays, December 2, 9 & 16
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.

NEW ACTIVE & STRONG

AGES: 16+
WHEN: Thursdays, December 4, 11 & 18
TIME: 10:20 - 11:00 am
COST: Included with Membership.
Stay mobile, stay strong, and feel your best! This class is designed for those who want to maintain independence and improve overall well-being. We'll focus on gentle yet effective exercises to enhance mobility, balance, and strength, helping you move with confidence in daily life. Using light resistance, functional movements, and safe techniques, you'll build muscle, improve flexibility, and support joint health—all in a friendly, encouraging environment.

PILATES

AGES: 16+
WHEN: Thursdays, December 4, 11 & 18
NEW TIME: 5:45 - 6:45 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, December 3, 10 & 17
NEW TIME: 5:45 - 6:45 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, December 5
TIME: 12:00 - 1:00 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, December 2, 9, 16, 23 & 30
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.

MONTHLY FITNESS CHALLENGE...

December's challenge is about exercising with family/friends!!! See binder at Customer Service Desk for more information.

In 2026 the Fitness Challenge will be to exercise 126 times in 2026. The challenge will run January 1-December 31, 2026. Look in the binder at Customer Service for more details and to sign up.

FOR MORE INFORMATION:

Phone: 780-827-2446
Website: www.mdgreenview.ab.ca
Facebook: [Grande Cache Recreation Centre](#)

CHRISTMAS
IN THE CACHE

DECEMBER
12 & 13, 2025

REGISTRATION IS OPEN
CALL TO REGISTER:
780-827-3300





GRANDE CACHE TOURISM
& INTERPRETIVE CENTRE

Grande Cache, Co-Operatives & Enterprises

HOUSE
DECORATING
CONTEST
2025

- SUBMIT ENTRIES: By Sunday, Dec. 14, 2025
- VOTING: Monday, Dec. 15 - Wednesday, Dec. 17
- WINNERS ANNOUNCED: Wednesday, Dec. 17 afternoon



Municipal District of
GREENVIEW



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