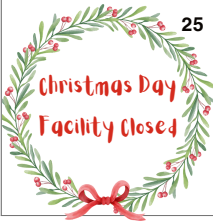




GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1  Movember Raffle Draw Rise & Shine Bootcamp 6:00 - 7:00am ZUMBA 5:00 - 6:00 pm Evening Zen Yoga 7:00 - 7:45pm	2 Evening Bodyworks 6:00-7:00pm STRONG 7:15 - 8:15 pm	3 ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	4	5 PILATES BEGINNER 5:30 - 6:30 pm	6
7	8 ZUMBA 5:00 - 6:00 pm Evening Zen Yoga 7-7:45pm	9 STRONG 7:15 - 8:15 pm	10 ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	11	12 PILATES BEGINNER 5:30 - 6:30 pm	13
14	15 ZUMBA 5:00 - 6:00 pm Evening Zen Yoga 7-7:45pm	16 Evening Bodyworks 6:00-7:00pm	17 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	18	19 PILATES BEGINNER 5:30 - 6:30 pm	20
21	22	23	24 Facility Hours 9:00am - 4:00pm	25  Christmas Day Facility Closed	26 Facility Hours 12:00pm - 8:00pm	27 Facility Hours 9:00am - 9:00pm
28 Facility Hours 9:00am - 9:00pm	29 Facility Hours 9:00am - 9:00pm	30 Facility Hours 9:00am - 9:00pm	31 Facility Hours 9:00am - 4:00pm			



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2025

DECEMBER

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Monday, December 1

(No class December 8-29)

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, December 2 & 16

(No class December 9, 23 & 30)

TIME: 6:00 - 7:00 pm

YOGA - WEDNESDAY

AGES: 14 +

WHEN: Wednesdays, December 3, 10 & 17

(No class December 24 and 31)

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.

SIT & BE FIT

AGES: 14 +

WHEN: Wednesday, December 17, 2025

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.

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, December 1, 8 & 15

(No class December 22 & 29)

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, December 1, 8 & 15

(No class December 22 & 29)

ZUMBA - WEDNESDAY

WHEN: Mondays, December 3, 10 & 17

(No class December 24 & 31)

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, December 2 & 9

(No class December 16, 23 & 30)

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, December 5, 12, 19

(No class December 26)

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.



*EVERY
JOURNEY
NEEDS A
FIRST
STEP*



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](#)