



GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2026

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
					2 Hike/Shoe the Trails 12:30 - 1:30 pm (meet Rec Centre parking lot)	3
4 Aqua Fitness/Lane Swim 9:00 - 10:30 am Align & Empower 12:05 - 12:50 pm Pick Up the Pace 5:30 - 6:45 pm	5 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	6 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	7 Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm	8 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20-10:50 am Pilates 5:45 - 6:45 pm	9 Aqua Fitness/Lane Swim 9:00 - 10:30 am Hike/Shoe the Trails 12:30 - 1:30 pm (meet Rec Centre parking lot) Gym Orientation 4:00 - 5:00 pm	10
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JANUARY

AQUA FITNESS/LANE SWIM

AGES: 16+

WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. No program January 1 & 2

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 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.

ALIGN & EMPOWER

AGES: 16 +

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

TIME: 12:05-12:50 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.

GYM ORIENTATION

AGES: 15+

WHEN: Fridays, January 9, 16, 23 & 30

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, January 6, 13, 20 & 27

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.

PICK UP THE PACE

AGES: 16+

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

TIME: 5:30 - 6:45 pm

COST: Included with Membership.

This isn't just a spin class - it's a full body conditioning experience. This blends the high-intensity energy of indoor cycling with targeted weight training for a workout that challenges your endurance, builds muscle and leaves you feeling powerful.

Expect rhythm-based rides, interval climbs and short strength circuits using weights to tone arms, shoulders and core - all set to an energizing playlist that keeps you motivated from start to finish. Whether you are chasing a sweat or chasing strength, this is your perfect two-for-one!

PILATES

AGES: 16+

WHEN: Thursdays, January 8, 15, 22 & 29

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.

STRETCH & BREATHE

AGES: 16+

WHEN: Tuesdays, January 6, 13, 20 & 27

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.

ACTIVE & STRONG

AGES: 16+

WHEN: Thursdays, January 8, 15, 22 & 29

TIME: 10:20 - 10:50 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.

HIKE/SHOE THE TRAILS

AGES: 16+

WHEN: Fridays, January 2, 9, 16, 23 & 30

TIME: 12:30 - 1:30 pm

COST: Included with Membership.

Meet at the Rec Centre parking lot to hike or snowshoe the trails around beautiful Grande Cache. Dress appropriately for the weather. Bring snowshoes if you have them.

TONE YOUR ASSETS

AGES: 16+

WHEN: Wednesdays, January 7, 14, 21 & 28

TIME: 5:45 - 6:45 pm

COST: Included with Membership.

A full-body sweat session that builds muscle, boosts endurance, sneaks in some cardio, and brings the sass to the class.

FOR MORE INFORMATION:

Phone: 780-827-2446

Website: www.mdgreenview.ab.ca

Facebook: Grande Cache Recreation Centre

2026 Fitness Challenge

Your challenge is to complete 126 fitness sessions in the year 2026! Sessions include a Fitness Centre workout, outdoor hike, fitness class, hockey game/practice, figure skating session, Otters' swim, ski day, snowshoe, or lane swim. Check off the date and write the activity in the logbook (located on the Customer Service desk). You are responsible to keep your page in the logbook updated. This challenge runs January 1 - December 31, 2026. Individuals completing the challenge will be entered to win a 'fitness gift.'

