



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT	
IMPROVE ME CHALLENGE SPONSORED BY:							
4	IMPROVE ME CHALLENGE First check-in RISE & SHINE BOOTCAMP 6:00 am - 7:00 am ZUMBA 5:00 - 6:00 pm Evening Zen 7:15 - 8:00pm	5 YOGA 4:45 - 5:45 pm BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	6 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	7 Liquid Zen 7:00 - 7:45am BODYWORKS 6:00 - 7:00 pm YOGA 7:15 - 8:15 pm	8 IMPROVE ME CHALLENGE Last chance to check-in	9 STRONG 9:15 - 10:15 am	
11	IMPROVE ME CHALLENGE Register for GRM's FREE 12 week Fitness Challenge RISE & SHINE BOOTCAMP 6:00 am - 7:00 am ZUMBA 5:00 - 6:00 pm PILATES - BARRE 6:15 - 7:15pm Evening Zen 7:15 - 8:00pm	12 YOGA 4:45 - 5:45 pm BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	13 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	14 Liquid Zen 7:00 - 7:45am BODYWORKS 6:00 - 7:00 pm YOGA 7:15 - 8:15 pm	15 INDOOR TRIATHLON REGISTRATION OPENS Visit Customer Service Spin Party 5:30 - 7:30pm	16 STRONG 9:15 - 10:15 am	17 STRONG 9:15 - 10:15 am
18	RISE & SHINE BOOTCAMP 6:00 am - 7:00 am ZUMBA 5:00 - 6:00 pm PILATES - BARRE 6:15 - 7:15pm Evening Zen 7:15 - 8:00pm	19 YOGA 4:45 - 5:45 pm STRONG 7:15 - 8:15 pm	20 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	21 Liquid Zen 7:00 - 7:45am BODYWORKS 6:00 - 7:00 pm YOGA 7:15 - 8:15 pm	22 23 Spin Party 5:30 - 7:30pm	24 STRONG 9:15 - 10:15 am	25 STRONG 9:15 - 10:15 am
25	RISE & SHINE BOOTCAMP 6:00 am - 7:00 am ZUMBA 5:00 - 6:00 pm PILATES - BARRE 6:15 - 7:15pm Evening Zen 7:15 - 8:00pm	26 YOGA 4:45 - 5:45 pm BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	27 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	28 Liquid Zen 7:00 - 7:45am BODYWORKS 6:00 - 7:00 pm YOGA 7:15 - 8:15 pm	29 Spin Party 5:30 - 7:30pm	30 STRONG 9:15 - 10:15 am	31



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JANUARY

RISE & SHINE BOOTCAMP

AGES: 14 +
WHEN: Mondays, 5, 12, 19 & 26
TIME: 6:00 - 7:00 am
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate

EVENING ZEN YOGA

AGES: 14 +
WHEN: Mondays, 5, 12, 19, & 26
TIME: 7:15 - 8:00 pm
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate

SIT & BE FIT

AGES: 14 +
WHEN: Wednesday, 7, 14, 21, & 28
TIME: 10:00 - 10:45 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, 6, 13 & 27
(No class January 20)

TIME: 6:00 - 7:00 pm

THURSDAY

WHEN: Thursdays, 8, 15, 22 & 29
TIME: 6:00 - 7:00 pm

NEW! SPIN PARTY

WHEN: Fridays, 16 & 30
TIME: 5:30 - 7:30 pm
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate
A fun, self-guided spin session with music, LED lights, and a social vibe. Groups can hop on the bikes, meet new people, and enjoy an energetic ride



ZUMBA

AGES: 14+
WHEN: Mondays, 5, 12, 19, & 26
Wednesdays 7, 14, 21, & 28
TIME: 5:00 - 6:00 pm
LOCATION: Fitness Studio
REGISTER COST: \$8.00 per session: minimum 4
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, 6, 13, 20, & 27
TIME: 7:15 - 8:15 pm
LOCATION: Fitness Studio
REGISTER COST: \$8.00 per session: minimum 4
DROP-IN COST: \$10.00 per session
A high-energy workout that blends bodyweight, strength, cardio, and plyometric moves—all perfectly synced to specially designed music. Stop counting reps and train to the beat.

STRONG - SATURDAY

AGES: 14 +
WHEN: Saturday, 10, 17, & 31
(No class on the 24)
TIME: 9:15 - 10:15 am
LOCATION: Fitness Studio

PILATES - BARRE

AGES: 16 +
WHEN: Mondays, 12, 19, & 26
TIME: 6:15 - 7:15 pm
LOCATION: Fitness Studio
REGISTER COST: \$8.00 per session: minimum 4
DROP-IN COST: \$10.00 per session
This class blends the precision and strength of Pilates with low-impact exercises and benefits of a Barre workout. If you are looking to try something new, this class is for you!

YOGA TUESDAY & THURSDAY

AGES: 14 +
WHEN: Tuesdays, 6, 13, 20 & 27
Thursdays, 8, 15, 22 & 29
TIME: Tuesdays 4:45 - 5:45 pm and Thursdays 7:15 - 8:15 pm
LOCATION: Fitness Studio
REGISTER COST: \$8.00 per session: minimum 4
DROP-IN COST: \$10.00 per session
A blend of Vinyasa Flow, Hatha, and occasional Yin, adapted to all levels. Focus on tuning into your body, syncing with your breath, and moving with intention to release tension and find balance.

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

2026 IMPROVE ME CHALLENGE

Register in-person with a fitness programmer for the 2026 Improve Me 12-Week Challenge in weight loss or strength PR. Join fitness classes, personalized workouts, walk the indoor track, or swim in the Aquatic Center to improve your health this new year! Participants receive a workout plan, weekly check-ins with Fitness Programmers, wellness emails, and a chance to win a \$250 prize pack sponsored by Perron Ventures Ltd.

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](https://www.facebook.com/GreenviewRegionalMultiplex)



Municipal District of **GREENVIEW**