



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
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Did you know? 31 GRM Patrons have Registered for this years 2026 Improve Me Fitness Challenge! Good luck! PERRON VENTURES EST. 2006	RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm PILATES BARRE 6:15 - 7:15 pm	2	YOGA 4:45 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	3	SIT & BE FIT 10:00 10:45 am ZUMBA 5:00 - 6:00 pm	4	EVENING BODYWORKS 6:00 - 7:00 pm YOGA 7:15 - 8:15 pm	5		6	7 STRONG 9:15 - 10:15 am		
	RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm PILATES BARRE 6:15 - 7:15 pm	8	YOGA 4:45 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	9	SIT & BE FIT 10:00 10:45 am ZUMBA 5:00 - 6:00 pm	10	EVENING BODYWORKS 6:00 - 7:00 pm YOGA 7:15 - 8:15 pm	11		12	13 <i>Happy Valentine's Day</i>		
		15	FAMILY DAY NO PROGRAMMING 	16	YOGA 4:45 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	17	SIT & BE FIT 10:00 10:45 am ZUMBA 5:00 - 6:00 pm	18	EVENING BODYWORKS 6:00 - 7:00 pm YOGA 7:15 - 8:15 pm	19		20	STRONG 9:15 - 10:15 am
	RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm PILATES BARRE 6:15 - 7:15 pm	22	YOGA 4:45 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	23	SIT & BE FIT 10:00 10:45 am ZUMBA 5:00 - 6:00 pm	24	EVENING BODYWORKS 6:00 - 7:00 pm YOGA 7:15 - 8:15 pm	25		26	27 SPIN PARTY 5:30 - 7:30 pm		

	REGISTERATION DEADLINE FOR THE INDOOR TRIATHLON	28	INDOOR TRIATHLON 10:00 AM
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GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, February 2, 9 & 23 (No class the 16th)

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, February 2, 9 & 23 (No class the 16th)

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, February 4, 11, 18 & 25

TIME: 10:00 - 10:45 am

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

EVENING BODYWORKS

AGES: 14 +

TUESDAY

WHEN: Tuesdays, February 3, 10, 17 & 24

TIME: 6:00 - 7:00 pm

THURSDAY

WHEN: Thursdays, February 5, 12, 19 & 26

TIME: 6:00 - 7:00 pm

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

SPIN PARTY

WHEN: Fridays, February 13 & 27

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



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

FEBRUARY



INDOOR TRIATHLON

AGES: 14 +

WHEN: Saturday, February 28, 2026

TIME: Starts at 10:00 AM

LOCATION: Aquatic Centre, Fitness Studio & Track

REGISTER COST: General Individual \$30.00

Senior Individual \$25.00

Team Registration: must consist of three (3) members, with each athlete completing one leg of the triathlon.

- General Team Registration: \$75 per team

- Senior Team Registration: \$60 per team (All three team members must be 60 years of age or older)

Register as an individual or with a team. Competitors must be 14+, and we're running a special 60+ heat too. This isn't your typical triathlon. Forget the finish line you're racing time itself. Each leg gives you 15 minutes to unleash everything you've got and push your personal best further than ever.

ZUMBA

AGES: 14+

WHEN: Mondays, February 2, 9 & 23 (No class on the 16th)
Wednesdays, February 4, 11, 18 & 25

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, February 3, 10, 17 & 24

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, February 7, & 21 (No class on the 14th or 28th)

TIME: 9:15 - 10:15 am

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session: minimum 4

DROP-IN COST: \$10.00 per session

PILATES - BARRE

AGES: 16 +

WHEN: Mondays, February 2, 9 & 23 (No class on the 16th)

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, February 3, 10, 17 & 24

Thursdays, February 5, 12, 19 & 26

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.

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