



# GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

# MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 RISE & SHINE BOOTCAMP 6:00 - 7:00 am  ZUMBA 5:00 - 6:00 pm  PILATES BARRE 6:15 - 7:15 pm  EVENING ZEN YOGA 7:15 - 8:00 pm	3 NO ZENERGY CLASS  YOGA 4:45 - 5:45 pm  EVENING BODYWORKS 6:00 - 7:00 pm  NO STRONG CLASS	4 SIT & BE FIT 10:00 10:45 am  ZUMBA 5:00 - 6:00 pm  PILATES MAT 6:15 - 7:15 pm	5 YOGA 4:45 - 5:45 pm  EVENING BODYWORKS 6:00 - 7:00 pm	6	7 STRONG 9:15 - 10:15 am
8	9 RISE & SHINE BOOTCAMP 6:00 - 7:00 am  ZUMBA 5:00 - 6:00 pm  PILATES BARRE 6:15 - 7:15 pm  EVENING ZEN YOGA 7:15 - 8:00 pm	10 ZENERGY 9:30 - 10:30 am  YOGA 4:45 - 5:45 pm  EVENING BODYWORKS 6:00 - 7:00 pm  STRONG 7:15 - 8:15 pm	11 SIT & BE FIT 10:00 10:45 am  ZUMBA 5:00 - 6:00 pm  PILATES MAT 6:15 - 7:15 pm	12 YOGA 4:45 - 5:45 pm  EVENING BODYWORKS 6:00 - 7:00 pm	13 SPIN PARTY 5:30 - 7:30 pm	14 NO STRONG CLASS
15	16 RISE & SHINE BOOTCAMP 6:00 - 7:00 am  NO ZUMBA CLASS  PILATES BARRE 6:15 - 7:15 pm  EVENING ZEN YOGA 7:15 - 8:00 pm	17 ZENERGY 9:30 - 10:30 am  YOGA 4:45 - 5:45 pm  EVENING BODYWORKS 6:00 - 7:00 pm  STRONG 7:15 - 8:15 pm 	18 SIT & BE FIT 10:00 10:45 am  ZUMBA 5:00 - 6:00 pm  PILATES MAT 6:15 - 7:15 pm  FIRST AID COURSE	19 NO YOGA CLASS  EVENING BODYWORKS 6:00 - 7:00 pm  FIRST AID COURSE	20	21 STRONG 9:15 - 10:15 am
22	23 RISE SHINE BOOTCAMP 6:00 - 7:00 am  ZUMBA 5:00 - 6:00 pm  PILATES BARRE 6:15 - 7:15 pm  EVENING ZEN YOGA 7:15 - 8:00 pm	24 ZENERGY 9:30 - 10:30 am  YOGA 4:45 - 5:45 pm  EVENING BODYWORKS 6:00 - 7:00 pm  STRONG 7:15 - 8:15 pm	25 SIT & BE FIT 10:00 10:45 am  ZUMBA 5:00 - 6:00 pm  PILATES MAT 6:15 - 7:15 pm	26 YOGA 4:45 - 5:45 pm  EVENING BODYWORKS 6:00 - 7:00 pm	27 SPIN PARTY 5:30 - 7:30 pm	28 STRONG 9:15 - 10:15 am
29	30 NO PROGRAMMING THIS WEEK	31	1 <i>April</i>	2	3 <i>good Friday</i>	4 



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# MARCH



## RISE & SHINE BOOTCAMP

**AGES:** 14 +  
**WHEN:** Mondays, March 2, 9, 16 & 23  
**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, March 2, 9, 16, & 23  
**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, March 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, March 3, 10, 17 & 24  
**TIME:** 6:00 - 7:00 pm  
**THURSDAY**  
**WHEN:** Thursdays, March 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, March 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



## ZENERGY

**AGES:** 14 +  
**WHEN:** Tuesdays, March 10, 17, & 24 (No class on the 3 or 31)  
**TIME:** 9:30 - 10:30 am  
**LOCATION:** Fitness Studio  
**COST:** Included with Membership or Daily Drop-in Rate  
 Join us at the GRM for a well balanced class that combines the best of both worlds with 45 minutes workout to boost strength and 15 minutes of flow yoga to stretch, slow down, and leave you feeling refreshed!

## ZUMBA

**AGES:** 14+  
**WHEN:** Mondays, March 2, 9 & 23 (No class on the 16 or 30)  
 Wednesdays, March 4, 11, 18 & 25  
**TIME:** 5:00 - 6:00 pm  
**LOCATION:** Fitness Studio  
**REGISTER COST:** \$8.00 per session: minimum 5  
**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, March 10, 17, & 24 (No class on the 3 or 31)  
**TIME:** 7:15 - 8:15 pm  
**LOCATION:** Fitness Studio  
**REGISTER COST:** \$8.00 per session: minimum 5  
**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, March 7, 21 & 28 (No class on March 14 or April 4)  
**TIME:** 9:15 - 10:15 am  
**LOCATION:** Fitness Studio  
**REGISTER COST:** \$8.00 per session: minimum 5  
**DROP-IN COST:** \$10.00 per session

## PILATES - BARRE

**AGES:** 16 +  
**WHEN:** Mondays, March 2, 9, 16 & 23 (No class on the 30)  
**TIME:** 6:15 - 7:15 pm  
**LOCATION:** Fitness Studio  
**REGISTER COST:** \$8.00 per session: minimum 5  
**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!

## PILATES MAT

**AGES:** 16 +  
**WHEN:** Wednesdays, March 4, 11, 18 & 25 (No class April 1)  
**TIME:** 6:15 - 7:15 pm  
**LOCATION:** Fitness Studio  
**REGISTER COST:** \$8.00 per session: minimum 5  
**DROP-IN COST:** \$10.00 per session  
 This NEW class will focus on core stability and alignment. Pilates will help you build mind-body awareness and provide relief from tension and stress in your body.



## YOGA TUESDAY & THURSDAY

**AGES:** 14 +  
**WHEN:** Tuesdays, March 3, 10, 17 & 24  
 Thursdays, March 5, 12 & 26  
 (No class on the 19, 31, or April 2)  
**TIME:** 4:45 - 5:45 pm  
**LOCATION:** Fitness Studio  
**REGISTER COST:** \$8.00 per session: minimum 5  
**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

### 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](http://www.mdgreenview.ab.ca)  
 Facebook: [Greenview Regional Multiplex](https://www.facebook.com/GreenviewRegionalMultiplex)



Municipal District of  
**GREENVIEW**