




GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2026

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm	2 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20 - 10:50 am Pilates 5:45 - 6:45 pm	3 ***** GOOD FRIDAY NO CLASSES *****	4
5 HAPPY EASTER	6 ***** EASTER MONDAY NO CLASSES *****	7 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	8 Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm	9 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20 - 10:50 am Pilates 5:45 - 6:45 pm	10 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	11
12	13 Aqua Fitness/Lane Swim 9:00 - 10:30 am Align & Empower 12:05 - 12:50 pm ***** Paint the Ice 5:00 - 6:30 pm 	14 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	15 Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm	16 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20 - 10:50 am Pilates 5:45 - 6:45 pm	17 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 ***** Triathlon 5:30 pm start (see insert on back) *****	18
19	20 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	21 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	22 Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm	23 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20 - 10:50 am Pilates 5:45 - 6:45 pm	24 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	25
26	27 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	28 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	29 Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm	30 Aqua Fitness/Lane Swim 9:00 - 10:30 am Active & Strong 10:20 - 10:50 am Pilates 5:45 - 6:45 pm		





AQUA FITNESS/LANE SWIM

AGES: 16+
WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. No instructor April 3, 6 & 10
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 , 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, April 13, 20 & 27 (no class April 6)
TIMES: 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, April 17 & 24
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, April 7, 14, 21 & 28
TIME: 9:45-10:30 am
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.

PICK UP THE PACE

AGES: 16+
WHEN: Mondays, April 20 & 27
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!

TONE YOUR ASSETS

AGES: 16+
WHEN: Wednesdays, April 1, 8, 15, 22 & 29
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

PILATES

AGES: 16+
WHEN: Thursdays, April 2, 9, 16, 23 & 30
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, April 7, 14, 21 & 28
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, April 2, 9, 16, 23 & 30
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, April 10, 17 & 24 (no class April 3)
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 and there is snow.

GRANDE CACHE

INDOOR TRIATHLON

Looking to try something new...join us for our second annual Indoor Triathlon at the Grande Cache Recreation Centre.

In contrast to a standard triathlon, each leg of the indoor triathlon will be completed on a time basis.

Participants will be divided into heats and allotted 15 minutes in each event to complete as much distance as possible. Completing the whole triathlon in 45 minutes!!!!

You can sign up for the triathlon yourself or create a 2 or 3 person team. If registering as a team, full payment is required.

Ages: 16+
Cost: \$25.00 per participant
Starting Time : 5:30 pm
Indoor Triathlon Date: Friday, April 17, 2026
Starting Time : 5:30 pm
Location: Grande Cache Recreation Centre

Registration opens March 3, 2026, at 9:00 am and closes on April 14, 2026, at 5:00 pm.

Every participant will receive a Greenview Indoor Triathlon T-shirt and a few extra goodies!

For more information or assistance to prepare for the Triathlon, please contact the Fitness Coordinator at 780.827.2446.

Municipal District of GREENVIEW