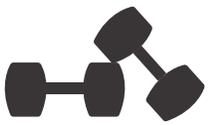




GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 GOOD FRIDAY NO PROGRAMS 	4
5	6 EASTER MONDAY NO PROGRAMS 	7 ZEN YOGA 4:45 - 5:30 pm EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	8 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	9 YOGA 4:45 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm	10 2026 IMPROVE ME CHALLENGE 	11
12	13 RISE SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm	14 ZEN YOGA 4:45 - 5:30 pm EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	15 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	16 YOGA 4:45 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm	17	18
19	20 RISE SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm PILATES BARRE 6:15 - 7:15 pm	21 ZEN YOGA 4:45 - 5:30 pm EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	22 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm PILATES MAT 6:15 - 7:15 pm	23 YOGA 4:45 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm	24	25
26	27 RISE SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm PILATES BARRE 6:15 - 7:15 pm	28 ZEN YOGA 4:45 - 5:30 pm EVENING BODYWORKS 6:00 - 7:00 pm	29 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm PILATES MAT 6:15 - 7:15 pm	30 YOGA 4:45 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm	1	



RISE & SHINE BOOTCAMP

AGES: 14 +
WHEN: Mondays, April 13, 20 & 27
TIME: 6:00 - 7:00 am
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate

SIT & BE FIT

AGES: 14 +
WHEN: Wednesday, April 8, 15, 22 & 29
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, April 7, 14, 21 & 28
TIME: 6:00 - 7:00 pm
THURSDAY
WHEN: Thursdays, April 9, 16, 23 & 30
TIME: 6:00 - 7:00 pm
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate

ZEN YOGA

AGES: 14 +
WHEN: Tuesdays, April 7, 14, 21, & 28
TIME: 4:45 - 5:30 pm
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate

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

ZUMBA

AGES: 14+
WHEN: Mondays, April 13, 20 & 27 (No class on April 6)
Wednesdays, April 8, 15, 22 & 29 (No class on April 1)
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, April 7, 14, & 21 (No class on April 28)
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.

PILATES - BARRE

AGES: 16 +
WHEN: Mondays, April 20 & 27 (No class on April 6 & 13)
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, April 22 & 29 (No class on April 8 & 15)
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 THURSDAY

AGES: 14 +
WHEN: Thursdays, April 9, 16, 23 & 30 (No class on 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.



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)

