



# GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2026

# MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					<p><b>1</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am</p> <p>Hiking Kick Off Event 4-6 pm at the Tourism Centre (see insert on reverse)</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Pick Up the Pace 5:30 - 6:30 pm</p>	<p><b>5</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Stretch &amp; Breathe 1:00-1:45 pm NEW Step to Relax 5:30-6:30 pm</p>	<p><b>6</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm</p>	<p><b>7</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Active &amp; Strong 10:20 - 10:50 am Gym Orientation 5:30 - 6:30 pm Pilates 5:45-6:45 pm</p>	<p><b>8</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Align &amp; Empower 12:05 - 12:50 pm</p>	<p><b>9</b></p>
<p><b>10</b></p> <p>Happy Mothers Day</p>	<p><b>11</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p><b>12</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Stretch &amp; Breathe 1:00-1:45 pm NEW Step to Relax 5:30-6:30 pm</p>	<p><b>13</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm</p>	<p><b>14</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Active &amp; Strong 10:20-10:50 am Gym Orientation 5:30 - 6:30 pm Pilates 5:45-6:45 pm</p>	<p><b>15</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Align &amp; Empower 12:05 - 12:50 pm</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b></p> <p>Victoria Day</p>	<p><b>19</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am NEW Step to Relax 5:30-6:30 pm</p>	<p><b>20</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm</p>	<p><b>21</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Gym Orientation 5:30 - 6:30 pm Pilates 5:45-6:45 pm</p>	<p><b>22</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Align &amp; Empower 12:05 - 12:50 pm</p>	<p><b>23</b></p>
<p><b>24/31</b></p>	<p><b>25</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Pick Up the Pace 5:30-6:30 pm</p>	<p><b>26</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Stretch &amp; Breathe 1:00-1:45 pm NEW Step to Relax 5:30-6:30 pm</p>	<p><b>27</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Tone Your Assets 5:45 - 6:45 pm</p>	<p><b>28</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am Active &amp; Strong 10:20-10:50 am Gym Orientation 5:30-6:30 pm Pilates 5:45-6:45 pm</p>	<p><b>29</b></p> <p>Aqua Fitness/Lane Swim 9:00 - 10:30 am</p>	<p><b>30</b></p>



**AQUA FITNESS/LANE SWIM**

**AGES:** 16+  
**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays. No instructor May 19 or 29  
**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 **Tuesdays, Wednesdays** 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 +  
**NEW WHEN:** Fridays, May 8, 15 & 22  
**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+  
**NEW WHEN:** Thursdays, May 7, 14, 21 & 28  
**TIME:** 5:30-6:30 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, May 5, 12 & 26  
**TIME:** 9:45-10:30 am  
**COST:** Included with Membership.

An aqua fitness class with your infant. A fun way for you to get a workout while babies aged 6-36 months get water exposure.

Here are a few tips...

- Change baby first
- Don't stress... just come enjoy the water. Take a deep breath and think of the benefits of getting out and exercising with your baby. It is not always smooth, but it is a way to work on your mental, physical and social health. You will both get the hang of it soon.

**PICK UP THE PACE**

**AGES:** 16+  
**WHEN:** Mondays, May 4 & 25 only!  
**TIME:** 5:30 - 6:30 pm  
**COST:** Included with Membership.

This isn't just a spin class - it's a full body conditioning experience. This is a high-intensity energy of indoor cycling training for a workout that challenges your endurance, builds muscle and leaves you feeling powerful.

Expect rhythm-based rides and interval climbs - all set to an energizing playlist that keeps you motivated from start to finish.

**TONE YOUR ASSETS**

**AGES:** 16+  
**WHEN:** Wednesdays, May 6, 13, 20 & 27  
**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](http://www.mdgreenview.ab.ca)  
 Facebook: Grande Cache Recreation Centre

**PILATES**

**AGES:** 16+  
**WHEN:** Thursdays, May 7, 14, 21 & 28  
**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, May 5, 12 & 26  
**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, May 7, 14 & 28  
**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.

**NEW STEP TO RELAX**

**AGES:** 16+  
**WHEN:** Tuesdays, May 5, 12, 19 & 26  
**TIME:** 5:30 - 6:30 pm  
**COST:** Included with Membership.

A playful fusion of beginner step cardio and gentle movement designed to move you from energy to ease. We'll start with simple, accessible step patterns to get your heart pumping and your confidence building—no choreography stress, just rhythm, movement, and a little “cardio chaos in leggings” energy to keep it light and fun. Expect low-pressure cardio that meets you exactly where you're at. From there, we'll transition gradually into grounding, breath-led gentle movement. Slowing things down, releasing tension, and reconnecting to the body through gentle stretches that guide you toward stillness. We finish quieting the body down landing in a place where effort melts into stillness. Perfect for beginners, movers returning to fitness, or anyone who wants to sweat a little, smile a lot, and then fully exhale.

**HIKING**

**Date:** Friday, May 1, 2026  
**Time:** Drop in anytime between 4:00PM-6:00PM  
**Location:** GrandeCacheTourism&InterpretiveCentre  
**Cost:** FREE event—No pre-registration required!

Enjoy exciting activities, including:

- Bear Aware Safety with Fish & Wildlife
- Learn about invasive plants from the Greenview Agricultural Services Department
- Fire safety with Wildfire Technologist & s'mores making
- Dog first aid information (kits available for purchase inside)
- Hang around the fire for some hiking stories by locals
- What to pack demonstrations by local hikers
- Fun games and challenges by Grande Cache Recreation Centre programmers

Come out for an evening of learning, fun and preparation as we head into the peak season of hiking adventures!  
 We look forward to seeing you there!

In Collaboration with:

For more information, please contact the Grande Cache Tourism & Interpretive Centre at 780.827.3300.