




GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

 **JUNE**



SUN	MON	TUE	WED	THU	FRI	SAT
	1 RISE & SHINE BOOTCAMP 6:00 - 7:00 am PILATES BARRE 6:15 - 7:15 pm	2 ZEN YOGA 4:45 - 5:30 pm EVENING BODYWORKS 6:00 - 7:00 pm	3 SIT & BE FIT 10:00 - 10:45 am	4 EVENING BODYWORKS 6:00 - 7:00 pm	5	6
7	8 RISE & SHINE BOOTCAMP 6:00 - 7:00 am	9 ZEN YOGA 4:45 - 5:30 pm EVENING BODYWORKS 6:00 - 7:00 pm	10 SIT & BE FIT 10:00 - 10:45 am	11 EVENING BODYWORKS 6:00 - 7:00 pm	12	13
14	15 RISE & SHINE BOOTCAMP 6:00 - 7:00 am PILATES BARRE 6:15 - 7:15 pm	16 ZEN YOGA 4:45 - 5:30 pm EVENING BODYWORKS 6:00 - 7:00 pm	17	18	19	20
21	22 PILATES BARRE 6:15 - 7:15 pm	23  GREENVIEW RATEPAYER BBQ IN THE FIELDHOUSE 5:00- 7:00 PM	24 SIT & BE FIT 10:00 - 10:45 am	25 EVENING BODYWORKS 6:00 - 7:00 pm	26	27
28	29 RISE & SHINE BOOTCAMP 6:00 - 7:00 am PILATES BARRE 6:15 - 7:15 pm	30 EVENING BODYWORKS 6:00 - 7:00 pm				



RISE & SHINE BOOTCAMP

AGES: 14 +
WHEN: Mondays, June 1, 8, 15 & 29
(No class June 22)
TIME: 6:00 - 7:00 am
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate
Start the day just right joining our early riser bootcamp! With the perfect mix of strength and cardio, these workouts are sure to get your body working for you all day long. Modifications available.

EVENING BODYWORKS

AGES: 14 +
WHEN: Tuesdays, June 2, 9, 16 & 30
 Thursdays, June 4, 11 & 25
TIME: 6:00 - 7:00 pm
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate
Make your body work for you in this exciting class focused on developing functional fitness. Bodyworks brings strength, cardio, and core training together for an energetic, full-body workout. This class is excellent for all levels of fitness as modifications are available.

SIT & BE FIT

AGES: 14 +
WHEN: Wednesdays, June 3, 10 & 24 (No class June 17)
TIME: 10:00 - 10:45 am
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate
Join us for a 45 minute chair exercise class, that is yoga-inspired and gentle on your body. Exercises include; extension, stretching and core strengthening.

PILATES - BARRE

AGES: 16 +
WHEN: Mondays, June 1, 15, 22 & 29 (No class June 8)
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!

ZEN YOGA

AGES: 14 +
WHEN: Tuesdays, June 2, 9, & 16
(No class June 23)
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

**“YOU OWE IT TO YOURSELF
TO BECOME EVERYTHING
YOU DREAMED OF.”**



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)