



 **GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026** **JULY**

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>Canada Day</b>  <b>No Programs</b>	<b>LIUQED ZEN</b> 7:00 - 7:45am  <b>CHAIR YOGA</b> 10:00 - 11:00am		
5	<b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00am	<b>EVENING BODYWORKS</b> 6:00 - 7:00pm	<b>SIT &amp; BE FIT</b> 10:00 - 10:45 am	<b>LIUQED ZEN</b> 7:00 - 7:45am  <b>CHAIR YOGA</b> 10:00 - 11:00am	10	11
12	<b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am	<b>ZEN YOGA</b> 4:45 - 5:30 pm  <b>EVENING BODYWORKS</b> 6:00 - 7:00pm	<b>SIT &amp; BE FIT</b> 10:00 - 10:45 am	<b>LIUQED ZEN</b> 7:00 - 7:45am  <b>CHAIR YOGA</b> 10:00 - 11:00am	17	18
19	<b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am	<b>EVENING BODYWORKS</b> 6:00 - 7:00pm	<b>SIT &amp; BE FIT</b> 10:00 - 10:45 am	23	24	25
26	<b>RISE &amp; SHINE BOOTCAMP</b> 6:00 - 7:00 am	<b>ZEN YOGA</b> 4:45 - 5:30 pm  <b>EVENING BODYWORKS</b> 6:00 - 7:00pm	<b>SIT &amp; BE FIT</b> 10:00 - 10:45 am	<b>LIUQED ZEN</b> 7:00 - 7:45am  <b>CHAIR YOGA</b> 10:00 - 11:00am	31	



# GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

# JULY

## RISE & SHINE BOOTCAMP

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

## EVENING BODYWORKS

**AGES:** 14 +  
**LOCATION:** Fitness Studio  
**COST:** Included with Membership or Daily Drop-in Rate  
**WHEN:** Tuesdays, July 7, 14, 21, 28  
**TIME:** 6:00 - 7:00 pm

## SIT & BE FIT

**AGES:** 14 +  
**WHEN:** Wednesdays, July 8, 15, 22, 29  
**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.

## ZEN YOGA

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

## CHAIR YOGA



**AGES:** 14 +  
**WHEN:** Thursdays July 2, 9, 16 & 30  
**TIME:** 10:00 - 11:00 am  
**LOCATION:** Fitness Studio  
**COST:** Included with Membership or Daily Drop-in Rate

Come join us for a gentle, low-impact Chair Yoga class designed to improve flexibility, strength, balance, and relaxation using the support of a chair. Perfect for all levels and abilities.

## LIQUED ZEN

**AGES:** 14 +  
**WHEN:** Thursdays July 2, 9, 16 & 30  
**TIME:** 7:00 - 7:45 am  
**LOCATION:** Lain Pool  
**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

### 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)