



GRANDE CACHE RECREATION CENTRE FITNESS PROGRAMS 2026

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 	2 Aqua Fitness/Lane Swim 9:00 - 10:30 am	3 Aqua Fitness/Lane Swim 9:00 - 10:30 am	4
5	6 Aqua Fitness/Lane Swim 9:00 - 10:30 am	7 Aqua Fitness/Lane Swim 9:00 - 10:30 am	8 Aqua Fitness/Lane Swim 9:00 - 10:30 am	9 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 5:45-6:45 pm	10 Aqua Fitness/Lane Swim 9:00 - 10:30 am	11
12	13 Aqua Fitness/Lane Swim 9:00 - 10:30 am Wheels & Weights 5:30-6:30 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 Gym Orientation 4:00 - 5:00 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	18
19	20 Aqua Fitness/Lane Swim 9:00 - 10:30 am Wheels & Weights 5:30-6:30 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 Gym Orientation 4:00 - 5:00 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	25
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AQUA FITNESS/LANE SWIM

AGES: 16+

WHEN: Monday - Friday - Instructor available ONLY
July 13, 14, 20 & 21

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** 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.

GYM ORIENTATION

AGES: 15+

WHEN: Wednesdays, July 15 & 22

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, July 14 & 21

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.

WHEELS & WEIGHTS

AGES: 16+

WHEN: Mondays, July 13 & 20

TIME: 5:30 - 6:30 pm

COST: Included with Membership.

Spinning and strength training combined for a great workout... bring a friend and try it out!

FOR MORE INFORMATION:

Phone: 780-827-2446

Website: www.mdgreenview.ab.ca

Facebook: Grande Cache Recreation Centre

PILATES

AGES: 16+

WHEN: Thursdays, July 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, July 14 & 21

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, July 16 & 23

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.

