



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 STAT HOLIDAY NO PROGRAMS FACILITY HOURS 12 - 9PM	4 EVENING BODYWORKS 6:00 - 7:00pm	5 SIT & BE FIT 10:00 - 10:45 am	6 EVENING BODYWORKS 6:00 - 7:00pm	7	8
9	10 RISE & SHINE BOOTCAMP 6:00 - 7:00 am	11 ZEN YOGA 5:00 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00pm	12 SIT & BE FIT 10:00 - 10:45 am	13 CHAIR YOGA 10:00 - 11:00am	14	15
16	17 RISE & SHINE BOOTCAMP 6:00 - 7:00 am	18 ZEN YOGA 5:00 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00pm	19 SIT & BE FIT 10:00 - 10:45 am	20 CHAIR YOGA 10:00 - 11:00am EVENING BODYWORKS 6:00 - 7:00pm	21	22
23	24 RISE & SHINE BOOTCAMP 6:00 - 7:00 am	25 ZEN YOGA 5:00 - 5:45pm EVENING BODYWORKS 6:00 - 7:00pm	26 SIT & BE FIT 10:00 - 10:45 am	27 CHAIR YOGA 10:00 - 11:00am EVENING BODYWORKS 6:00 - 7:00pm	28	29
30	31 RISE & SHINE BOOTCAMP 6:00 - 7:00 am	"The pain you feel today becomes the strength you carry tomorrow."				



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

AUGUST

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, August 10, 17, 24 & 31

TIME: 6:00 - 7:00 am

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

ZEN YOGA

AGES: 14 +

WHEN: Tuesdays, August 11, 18 & 25

TIME: 4:45 - 5:30 pm

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

EVENING BODYWORKS

AGES: 14 +

WHEN: Tuesdays, August 4, 11, 18 & 25

Thursdays, August 6, 20 & 27

TIME: 6:00 - 7:00 pm

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

CHAIR YOGA

AGES: 14 +

WHEN: Thursdays, August 13, 20 & 27

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.

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, August 5, 12, 19 & 26

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.

new!

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

Facebook: [Greenview Regional Multiplex](https://www.facebook.com/GreenviewRegionalMultiplex)