



GRANDE CACHE RECREATION CENTRE

FITNESS PROGRAMS 2026

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 5:45-6:45 pm 1	Aqua Fitness/Lane Swim 9:00 - 10:30 am Learn to Pickle 11:00 - Noon 2	Aqua Fitness/Lane Swim 9:00 - 10:30 am Parent/Infant Water Workout 9:45 - 10:30 am Pilates 5:45-6:45 pm 3	Aqua Fitness/Lane Swim 9:00 - 10:30 am Nature Walk 11:00 am -Noon 4	5
6	LABOUR DAY STAT HOLIDAY 7	Active Living 9:00-10:00 am Stretch & Breathe 1:00-1:45 pm Pilates 5:45-6:45 pm 8	Learn to Pickle 11:00 - Noon RECREATION ROUND-UP 5:00-6:30 pm curling rink 9	Active Living 9:00-10:00 am Pilates 5:45-6:45 pm 10	Nature Walk 11:00 am -Noon 11	12
13	Active Living 9:00-10:00 am Wheels & Weights 5:30-6:30 pm 14	Active Living 9:00-10:00 am Stretch & Breathe 1:00-1:45 pm Pilates 5:45-6:45 pm 15	Learn to Pickle 11:00 - Noon Gym Orientation 4:00 - 5:00 pm 16	Active Living 9:00-10:00 am Pilates 5:45-6:45 pm 17	Nature Walk 11:00 am -Noon 18	19
20	21	Active Living 9:00-10:00 am Stretch & Breathe 1:00-1:45 pm Pilates 5:45-6:45 pm 22	Learn to Pickle 11:00 - Noon Gym Orientation 4:00 - 5:00 pm 23	Active Living 9:00-10:00 am Pilates 5:45-6:45 pm 24	Nature Walk 11:00 am -Noon 25	26
27	Active Living 9:00-10:00 am Wheels & Weights 5:30-6:30 pm 28	Active Living 9:00-10:00 am Stretch & Breathe 1:00-1:45 pm Pilates 5:45-6:45 pm 29	Learn to Pickle 11:00 - Noon Gym Orientation 4:00 - 5:00 pm 30			



AQUA FITNESS/LANE SWIM

AGES: 16+

WHEN: Tuesday, Wednesday, Thursday & Friday. September 1, 2, 3 & 4 only.

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 **Thursday, September 3 only** 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, September 16, 23 & 30

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+

NEW WHEN: Thursdays, September 3 ONLY!

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, September 14 & 28

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: Tuesdays & Thursdays, September 1, 3, 8, 10, 15, 17, 22, 24 & 29

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, September 8, 15, 22 & 29

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.

NEW ACTIVE LIVING

AGES: 16+

WHEN: Mondays, Tuesdays & Thursdays No instructor available on September 21

TIME: 9:00-10:00 am

COST: Included with Membership.

Stay mobile and stay strong. This class is designed for those who want to maintain their fitness routine while the pool is on maintenance shutdown. We'll work with fitness equipment demonstrating proper usage. There also may be times we use the outdoor gym and walking trails around Central Park... please be prepared to go outside and/or stay inside.

NEW NATURE WALK

AGES: 16+

WHEN: Fridays, September 4, 11, 18 & 25

TIME: 11:00 am - noon

COST: Included with Membership.

Come explore some of the walking trails around beautiful Grande Cache.. please be prepared to go outside we walk rain or shine.

NEW LEARN TO PICKLE

AGES: 16+

WHEN: Wednesdays, September 2, 9, 16, 23 & 30

TIME: 11:00 am - noon

COST: Included with Membership.

Grab a friend and come learn the basics of pickleball. If you are a seasoned 'pickler' already, please come share a few tips.



FALL 2026 RECREATION ROUND-UP

DATE: Wednesday September 9, 2026

TIME: 5:00 - 6:30pm

LOCATION: Grande Cache Curling Rink

Recreation - Sports - Events - Social Services - Arts - Culture - Wellness

**Book a table to showcase your organization by September 6, 2026.
Email corrinna.landry@mdgreenview.ab.ca to book at table.**