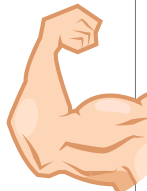




GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 YOGA 4:45 - 5:45 pm	5
6	7 STAT HOLIDAY NO PROGRAMS Facility Hours 12:00 - 8:00 pm	8 EVENING ZEN YOGA 5:00 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm	9 SIT & BE FIT 10:00 - 10:45 am	10 EVENING BODYWORKS 6:00 - 7:00 pm	11 YOGA 4:45 - 5:45 pm	12
13	14 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	15 EVENING ZEN YOGA 5:00 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm	16 SIT & BE FIT 10:00 - 10:45 am	17 EVENING BODYWORKS 6:00 - 7:00 pm	18 YOGA 4:45 - 5:45 pm	19 
20	21 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	22 EVENING ZEN YOGA 5:00 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm	23 SIT & BE FIT 10:00 - 10:45 am	24 EVENING BODYWORKS 6:00 - 7:00 pm	25 YOGA 4:45 - 5:45 pm	26
27	28 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	29 EVENING ZEN YOGA 5:00 - 5:45 pm EVENING BODYWORKS 6:00 - 7:00 pm	30 SIT & BE FIT 10:00 - 10:45 am 			



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

SEPTEMBER

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, September 14, 21 & 28

TIME: 6:00 - 7:00 am

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

EVENING BODYWORKS

AGES: 14 +

WHEN: Tuesdays, September 8, 15, 22 & 29

Thursdays, September 10, 17 & 24

TIME: 6:00 - 7:00 pm

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

SIT & BE FIT

AGES: 14 +

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

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.

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

ZEN YOGA

AGES: 14 +

WHEN: Tuesdays September 8, 15, 22, & 29

TIME: 5:00pm - 5:45pm

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

Evening Zen style yoga will ease your muscles into recovery, releasing tension and quieting the mind. Enjoy slow movements and deep stretches with breathe work practice.

ZUMBA

AGES: 14 +

WHEN: Mondays, September 14, 21 & 28

TIME: 5:15 - 6:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

YOGA

AGES: 14 +

WHEN: Mondays, September 14, 21 & 28

TIME: 6:15 - 7:15 pm

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

TIME: 4:45 - 5:45 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Each class is a unique experience with elements of Vinyasa Flow, Hatha Poses and sometimes even Yin practices that can be adapted to your comfort level. Whether you're a seasoned yogi or a beginner, the focus will always be on listening to your body, syncing with your breath, and moving with intention. In these classes, we'll explore the power of mindful movement to release tension, find balance, and ground yourself.



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](#)