



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
 JOIN US FOR A SPOOKTACULAR WORKOUT! COME FOR THE FUN, STAY FOR THE SWEAT, AND LEAVE FEELING FANG-TASTIC! 				1	2	3
4	5 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	6 EVENING BODYWORKS 6:00 - 7:00 pm	7 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	8 CHAIR YOGA 10:00 - 11:00 am EVENING BODYWORKS 6:00 - 7:00 pm	9	10
11	12  STAT HOLIDAY No Programs Facility Hours 12 - 8 pm	13 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	14 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	15 CHAIR YOGA 10:00 - 11:00 am EVENING BODYWORKS 6:00 - 7:00 pm	16	17
18	19 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	20 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	21 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	22 CHAIR YOGA 10:00 - 11:00 am EVENING BODYWORKS 6:00 - 7:00 pm	23	24 Pickleball Tournament 
25	26 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	27 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	28 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	29 CHAIR YOGA 10:00 - 11:00 am EVENING BODYWORKS 6:00 - 7:00 pm	30	31  HAPPY HALLOWEEN



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

OCTOBER

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, October 5, 19 & 26

TIME: 6:00 - 7:00 am

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

RISE & SHINE! Get moving, get stronger and start your day with a sweat-filled boost of energy. Come ready to work, sweat and leave feeling amazing!

EVENING BODYWORKS

AGES: 14 +

WHEN: Tuesdays, October 6, 13, 20 & 27

Thursdays, October 8, 15, 22 & 29

TIME: 6:00 - 7:00 pm

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

Bodyworks is an energetic full-body workout combining strength, cardio, and core training. Perfect for all fitness levels, with modifications available to help you move at your own pace. Come ready to sweat, challenge yourself, and have fun!

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, October 7, 14, 21 & 28

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 class is a gentle, senior-friendly class designed to improve strength, flexibility, posture, and core stability. Exercises include seated and standing strengthening, stretching, extension, and core work to help support balance, mobility, and everyday movement. Modifications are available.

YOGA - MONDAYS

AGES: 14 +

WHEN: Mondays, October 5, 19 & 26

TIME: 6:15 - 7:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Each class blends Vinyasa Flow, Hatha, and sometimes Yin, creating a practice that meets you where you're at. Connect with your breath, move with intention, and listen to your body as you release tension, find balance, and feel grounded.

ZUMBA - MONDAY

AGES: 14+

WHEN: Mondays, October 5, 19, & 26

TIME: 5:15 - 6:15 PM

ZUMBA - WEDNESDAY

WHEN: Wednesdays, October 7, 14, 21, & 28

TIME: 5:00 - 6:00 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Take the "work" out of workout by mixing low & high-intensity moves for an interval-style, calorie-burning, Dance Fitness Party!

STRONG - TUESDAY

AGES: 14 +

WHEN: Tuesdays, October 13, 20, & 27

TIME: 7:15 - 8:15 pm

LOCATION: Fitness Studio

REGISTER COST: \$8.00 per session

DROP-IN COST: \$10.00 per session

Stop counting the reps. Start training to the beat. Strong combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

CHAIR YOGA - THURSDAY

AGES: 14 +

WHEN: Thursdays, October 8, 15, 22 & 29

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.

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](#)