



GRANDE CACHE RECREATION CENTRE
FITNESS PROGRAMS 2026

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Pilates 5:45-6:45 pm	2	3
4	5 Aqua Fitness/Lane Swim 9:00 - 10:30 am Wheels & Weights 5:30-6:30 pm	6 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Breathe 1:00-1:45 pm Pilates 5:45-6:45 pm	7 Aqua Fitness/Lane Swim 9:00 - 10:30 am	8 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 5:45-6:45 pm	9 Aqua Fitness/Lane Swim 9:00 - 10:30 am	10
11	12 HAPPY Thanksgiving 	13 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Breathe 1:00-1:45 pm Pilates 5:45-6:45 pm	14 Aqua Fitness/Lane Swim 9:00 - 10:30 am	15 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 5:45-6:45 pm	16 Aqua Fitness/Lane Swim 9:00 - 10:30 am	17
18	19 Aqua Fitness/Lane Swim 9:00 - 10:30 am Wheels & Weights 5:30-6:30 pm	20 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Breathe 1:00-1:45 pm	21 Aqua Fitness/Lane Swim 9:00 - 10:30 am	22 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 5:45-6:45 pm	23 Aqua Fitness/Lane Swim 9:00 - 10:30 am	24
25	26 Aqua Fitness/Lane Swim 9:00 - 10:30 am Wheels & Weights 5:30-6:30 pm	27 Aqua Fitness/Lane Swim 9:00 - 10:30 am Stretch & Breathe 1:00-1:45 pm Pilates 5:45-6:45 pm	28 Aqua Fitness/Lane Swim 9:00 - 10:30 am	29 Aqua Fitness/Lane Swim 9:00 - 10:30 am Pilates 5:45-6:45 pm	30 Aqua Fitness/Lane Swim 9:00 - 10:30 am	31  Happy Halloween 

PLEASE BE ADVISED THAT SCHEDULING IS SUBJECT
TO CHANGE AT ANY TIME.
FOR THE MOST UP-TO-DATE INFORMATION, PLEASE
CHECK OUR SOCIAL MEDIA CHANNELS REGULARLY
OR CALL US AT 780.827.2446.

GRANDE CACHE RECREATION CENTRE
FITNESS PROGRAMS 2026



AQUA FITNESS/LANE SWIM

AGES: 16+
WHEN: Mondays, Tuesdays, Wednesdays, Thursdays & Fridays
No class October 12
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 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. Instructor led days will vary week to week for this month.

WHEELS & WEIGHTS

AGES: 16+
WHEN: Mondays
No class October 12
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!

STRETCH & BREATHE

AGES: 16+
WHEN: Tuesdays
TIME: 1:00 - 1:45 pm
COST: Included with Membership.
Take some time to work on your physical and mental health and balance, with this stretching and breathing class.

FOR MORE INFORMATION:
Phone: 780-827-2446
Website: www.mdgreenview.ab.ca
Facebook: [Grande Cache Recreation Centre](#)

PILATES

AGES: 16+
WHEN: Tuesdays & Thursdays
No class Tuesday, October 20
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

Please be advised that scheduling is subject to change at any time.
For the most up-to-date information, please check our social media channels regularly or call us at 780.827.2446.

FAMILY PUMPKIN
CARVING EVENT

AT THE GRANDE CACHE RECREATION CENTRE

DATE: OCTOBER 25, 2026
LOCATION: GRANDE CACHE RECREATION CENTRE
TIME SLOTS: 1:00 - 1:45PM
2:00 - 2:45PM
3:00 - 3:45PM
(TAKING 10 FAMILIES IN EACH TIME SLOT)

JOIN US FOR A FAMILY- FRIENDLY EVENT!
AT YOUR REGISTERED TIMESLOT, YOU WILL ENJOY:

*PUMPKIN CARVING
(EACH CHILD WILL HAVE THEIR OWN PUMPKIN TO CARVE)

*A SEATING AREA TO MINGLE WITH OTHER FAMILIES

*HOT CHOCOLATE AND MORE!

PLEASE PRE-REGISTER A TIME SLOT
BY CALLING THE GRANDE CACHE RECREATION CENTRE
AT 780-827-2446.
REGISTRATION OPENS OCTOBER 2, 2026



MOVEMBER SPIN-A-THON

@ the Grande Cache Recreation Centre
Saturday, November 14, 2026 10am-4pm!

GET YOUR TEAM OF 4 READY FOR THE MOVEMBER SPIN -A-THON.
WATCH THE JUMBOTRON AND SOCIAL MEDIA FOR MORE
INFORMATION ON REGISTRATION.