



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	3 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	4 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	5 EVENING BODYWORKS 6:00 - 7:00 pm	6	7 STRONG 9:15 - 10:15 am
8	9 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	10 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	11 Remembrance Day NO PROGRAMS Facility Hours 12 - 8 pm	12 EVENING BODYWORKS 6:00 - 7:00 pm	13	14 STRONG 9:15 - 10:15 am
15	16 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	17 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	18 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	19 EVENING BODYWORKS 6:00 - 7:00 pm	20	21 STRONG 9:15 - 10:15 am
22	23 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:00 - 6:00 pm YOGA 6:15 - 7:15 pm	24 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	25 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	26 EVENING BODYWORKS 6:00 - 7:00 pm	27	28 MOVEMBER SPIN-A-THON
29	30 ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	YOUR BODY CAN DO AMAZING THINGS WHEN YOU GIVE YOUR MIND PERMISSION TO BELIEVE IN IT! 				



GREENVIEW REGIONAL MULTIPLEX FITNESS PROGRAMS 2026

RISE & SHINE BOOTCAMP

AGES: 14 +

WHEN: Mondays, November 2, 9, 16 & 23

TIME: 6:00 - 7:00 am

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

EVENING BODYWORKS

AGES: 14 +

LOCATION: Fitness Studio

COST: Included with Membership or Daily Drop-in Rate

TUESDAY

WHEN: Tuesdays, November 3, 10, 17 & 24

TIME: 6:00 - 7:00 pm

THURSDAY

WHEN: Thursdays, November 5, 12, 19 & 26

TIME: 6:00 - 7:00 pm

SIT & BE FIT

AGES: 14 +

WHEN: Wednesdays, November 4, 18, & 25

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.

ZUMBA - MONDAY

AGES: 14+

WHEN: Mondays, November 2, 9, 16, 23 & 30

TIME: 5:15 - 6:15 pm

ZUMBA - WEDNESDAY

WHEN: Wednesdays, November 4, 18 & 25

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!

YOGA

AGES: 14 +

WHEN: Mondays, November 2, 9, 16, 23, & 30

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 occasional Yin practices, adapted to your comfort level. Whether you're new or experienced, the focus is on tuning into your body, syncing with your breath, and moving with intention to release tension, find balance, and feel grounded.

NOVEMBER



STRONG - TUESDAY

AGES: 14 +

WHEN: Tuesdays, November 3, 10, 17 & 24

TIME: 7:15 - 8:15 pm

STRONG - SATURDAY

AGES: 14 +

WHEN: Saturdays, November 7, 14 & 21

TIME: 9:15 - 10:15 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.



MOVEMBER SPIN-A-THON




AGES: 14 +

WHEN: Saturday, November 28
TIME: 9:30 am - Rider check in
 10:00 am - Spinning starts
 4:00 pm - Closing Ceremony & prizes

LOCATION: Fieldhouse Gym B
REGISTER COST: \$100.00 per team
RAFFLE TICKETS: \$2.00 per entry

The Greenview Regional Multiplex is challenging the Greenview community to a Movember Spin-a-thon, in raising the most funds for Movember Canada.

The Spin A Thon will raise awareness in the community on men's mental health, suicide prevention, prostate cancer, and testicular cancer. Register with a team of 4 and spin your way to the top during the 6 hour competition. Prizes will be given to the team travelling the furthest distance, best team costume, and best mustache. Athletes 14+ are welcome to spin.

Registration is \$100.00 per team through the GRM Booking System (max of 4 individuals per team). Event registration deadline is November 23rd, 2026. All registration fees will be donated to Movember Canada. A recumbent bike is available for patrons with limitations. Businesses are welcome to sponsor teams matching \$1.00 per 1km biked.

Raffle items have been generously donated by local business with all funds going directly to Movember Canada. Raffle items will be displayed for the month in the GRM Lobby, with draw date set for November 30th.

Tickets are \$2.00 each and can be purchased at the GRM Customer Service desk.

Spinners are asked to wear clean indoor shoes, comfortable athletic clothing, towel, bring a water bottle and snacks to fuel them.

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.mdgreenvview.ab.ca

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