

# GRANDE CACHE RECREATION CENTRE
# FITNESS PROGRAMS 2026

# NOVEMBER

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 1 | 2<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>On the Fitness Floor<br>4:15-5:15 pm<br>Wheels & Weights<br>5:30-6:30 pm<br>Vinyasa Yoga<br>6:45-7:45 pm | 3<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Parent/Infant Water Workout<br>9:45 - 10:30 am<br>Stretch & Breathe<br>1:00-1:45 pm<br>Pilates<br>5:45-6:45 pm | 4<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am | 5<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Pilates<br>5:45-6:45 pm<br>GRANDE CACHE FOOD BANK DRIVE<br>5:00-7:00 pm<br>listen for the sirens!<br> | 6<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Power Fusion<br>12:10-12:50 pm | 7 |
| 8 | 9<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>On the Fitness Floor<br>4:15-5:15 pm<br>Wheels & Weights<br>5:30-6:30 pm<br>Vinyasa Yoga<br>6:45-7:45 pm | 10<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Parent/Infant Water Workout<br>9:45 - 10:30 am<br>Stretch & Breathe<br>1:00-1:45 pm<br>Pilates<br>5:45-6:45 pm | 11<br>Remembrance Day<br> | 12<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Pilates<br>5:45-6:45 pm | 13<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Power Fusion<br>12:10-12:50 pm | 14<br>Movember Spin-a-Thon<br>10:00am - 4:00pm<br> |
| 15 | 16<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>On the Fitness Floor<br>4:15-5:15 pm<br>Wheels & Weights<br>5:30-6:30 pm<br>Vinyasa Yoga<br>6:45-7:45 pm | 17<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Parent/Infant Water Workout<br>9:45 - 10:30 am<br>Stretch & Breathe<br>1:00-1:45 pm<br>Pilates<br>5:45-6:45 pm | 18<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am | 19<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Pilates<br>5:45-6:45 pm | 20<br>Rise and Grind<br>6:15-7:15 am<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Power Fusion<br>12:10-12:50 pm | 21 |
| 22 | 23<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>On the Fitness Floor<br>4:15-5:15 pm<br>Wheels & Weights<br>5:30-6:30 pm<br>Vinyasa Yoga<br>6:45-7:45 pm | 24<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Parent/Infant Water Workout<br>9:45 - 10:30 am<br>Stretch & Breathe<br>1:00-1:45 pm<br>Pilates<br>5:45-6:45 pm | 25<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Active Living (Session 2)<br>11:00am-Noon | 26<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Pilates<br>5:45-6:45 pm | 27<br>Rise and Grind<br>6:15-7:15 am<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>Active Living (Session 2)<br>11:00am-Noon<br>Power Fusion<br>12:10-12:50 pm | 28 |
| 29 | 30<br>Aqua Fitness/Lane Swim<br>9:00 - 10:30 am<br>On the Fitness Floor<br>4:15-5:15 pm<br>Wheels & Weights<br>5:30-6:30 pm<br>Vinyasa Yoga<br>6:45-7:45 pm | | | | | |

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

# NOVEMBER

## AQUA FITNESS/LANE SWIM
**AGES:** 16+
**WHEN:** Mondays, Tuesdays, Wednesdays, Thursdays & Fridays.
**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 **Tuesdays** and **Thursdays** 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. November 11 - no class.

## ON THE FITNESS FLOOR
**AGES:** 16+
**WHEN:** Mondays
**TIME:** 4:15-5:15 pm
**COST:** Included with Membership.
Ever notice the fitness centre bulletin board and wonder what the heck you're supposed to do with that information? This class is your chance to find out. We'll use a variety of machines, weights, and equipment to put together a fun, full-body workout based on what the bulletin board theme is! The plan is to keep things moving and keep you from getting stuck doing the same routine every time you walk into the gym. Expect a little strength, a little cardio, and a little mobility. You'll learn how to use the equipment, challenge yourself at your own level, and get a solid workout without having to figure it all out on your own.

## 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.

## WHEELS & WEIGHTS
**AGES:** 16+
**WHEN:** Mondays
**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!

## VINYASA YOGA
AGES: 16+
WHEN: Mondays
TIME: 6:45-7:45 pm
COST: Included with Membership.
A strong, sweaty Vinyasa Flow that moves with purpose. We'll link breath to movement, build heat, work the full body, and flow through sequences that challenge your strength, balance, mobility, and focus. Expect a steady pace, creative transitions, and plenty of opportunities to find your edge ... without needing to take yourself (or yoga) too seriously. This is a class where you'll move, sweat, breathe, wobble, reset, and probably discover a muscle you forgot existed. Come ready to work, get out of your head, and leave feeling stronger, more grounded, and very glad you made it to your mat.
*BRING A YOGA MAT and WATER

## POWER FUSION
**AGES:** 16+
**WHEN:** Fridays
**TIME:** 12:10-12:50 pm
**COST:** Included with Membership.
This Fusion class blends yoga-inspired movement with strength training for a full-body workout that will leave you feeling energized, not ready for a nap. Expect dumbbells, dynamic movement, balance, mobility, core work, and plenty of opportunities to turn up the heat. We'll borrow the best parts of yoga, breath, control, mobility, and flow and combine them with the burn of a solid strength workout. It's athletic, sweaty, challenging, and just a little bit spicy.*BRING A YOGA MAT and WATER.




## PILATES
**AGES:** 16+
**WHEN:** Tuesdays and Thursdays
**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. Please bring your own yoga mat.

## PARENT/INFANT WATER WORKOUT
**AGES:** 16+
**WHEN:** Tuesdays
**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.

## ACTIVE LIVING (Session 2)
**AGES:** 16+
**WHEN:** Wednesdays and Fridays, November 25-December 18
**TIME:** 11:00 am - Noon
**COST:** Included with Membership. Participants are required to register for this class-registration opens November 1.
Active Living is an instructor-led exercise and wellness program designed to help adults maintain physical health, functional independence, confidence, and social well-being. The program will offer low-impact, adaptable exercises that can be performed seated or standing, focusing on strength, balance, flexibility, mobility, and movements that support everyday activities. Sessions will provide a welcoming and inclusive environment where participants can exercise at a pace suited to their individual abilities and comfort levels. In addition to promoting physical health, the program will encourage social connection, reduce isolation, and foster a sense of community and belonging. Active Living will accommodate a range of fitness levels, including those new to exercise, returning to physical activity, or seeking gentler alternatives to traditional fitness classes.

## RISE AND GRIND
**AGES:** 16+
**WHEN:** Fridays, November 20 & 27
**TIME:** 6:15-7:15 am
**COST:** Included with Membership.
No snooze button. No excuses. Just sweat. Start your day by turning up the resistance, pushing your limits, and earning that post-ride feeling. Expect hard climbs, powerful sprints, heavy legs, loud music, and a workout that will make you very glad you showed up. This isn't a leisurely morning spin...it's a get-in, work-hard, leave-strong kind of ride. You'll sweat, you'll struggle, you'll probably question why you woke up this early… and then you'll absolutely love that you did.

FOR MORE INFORMATION:
PHONE: 780-827-2446
WEBSITE: WWW.MDGREENVIEW.AB.CA
FACEBOOK: GRANDE CACHE RECREATION CENTRE



**Sunday, December 6, 2026**
**1:00 - 3:00 pm**
**FIREMEN'S PIT ROAD**
(Entrance at corner of 97 Avenue & 104 Street - follow markers)

- **Bring your own saw to cut down your Christmas tree.**
- **Bring your own mug for hot chocolate.**
- **FREE tree permits administered on site.**
- **This area has been designated for this one day event.**

Municipal District of GREENVIEW