

GREENVIEW REGIONAL MULTIPLEX
FITNESS PROGRAMS 2026

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	2 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	3 EVENING BODYWORKS 6:00 - 7:00 pm	4	5
6	7 RISE & SHINE BOOTCAMP 6:00 - 7:00 am ZUMBA 5:15 - 6:15 pm YOGA 6:15 - 7:15 pm	8 EVENING BODYWORKS 6:00 - 7:00 pm STRONG 7:15 - 8:15 pm	9 SIT & BE FIT 10:00 - 10:45 am ZUMBA 5:00 - 6:00 pm	10 EVENING BODYWORKS 6:00 - 7:00 pm	11	12
13	14 YOGA 6:15 - 7:15 pm	15	16	17	18	19
20	21 YOGA 6:15 - 7:15 pm	22	23	24 Facility Hours 9:00 am - 4:00 pm	25 CHRISTMAS DAY FACILITY CLOSED	26 Facility Hours 12:00 pm - 8:00 pm
27 Facility Hours 9:00 am - 9:00 pm	28 Facility Hours 9:00 am - 9:00 pm	29 Facility Hours 9:00 am - 9:00 pm	30 Facility Hours 9:00 am - 4:00 pm	31 Facility Hours 9:00 am - 4:00 pm	MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM THE GRM	

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DECEMBER

RISE & SHINE BOOTCAMP
AGES: 14 +
WHEN: Monday, December 7
TIME: 6:00 - 7:00 am
LOCATION: Fitness Studio
COST: Included with Membership or Daily Drop-in Rate

EVENING BODYWORKS
AGES: 14 +
TUESDAY
WHEN: Tuesdays, December 1 & 8
TIME: 6:00 - 7:00 pm
THURSDAY
WHEN: Thursdays, December 3 & 10
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, December 2 & 9
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.

YOGA
AGES: 14 +
WHEN: Mondays, December 7, 14, & 21
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.

ZUMBA - MONDAY
AGES: 14+
WHEN: Mondays, December 7
TIME: 5:15 - 6:15 pm
ZUMBA - WEDNESDAY
WHEN: Mondays, December 2 & 9
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, December 1 & 8
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.



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