

DROP-IN DRYLAND FITNESS CLASSES

September 1 – November 30, 2025

Facility Impacts

Sept. 1 (Labour Day): Open 12 p.m. – 5 p.m.
 Sept. 30 (National Day for T&R): Open 12 p.m. – 5 p.m.
 Oct. 13 (Thanksgiving): Open 12 p.m. – 5 p.m.
 Nov. 11 (Remembrance Day): Open 12 p.m. – 5 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m. – 9 p.m.	5:30 a.m. – 10 p.m.	5:30 a.m. – 10 p.m.	5:30 a.m. – 10 p.m.	5:30 a.m. – 10 p.m.	5:30 a.m. – 10 p.m.	8 a.m. – 9 p.m.
Vinyasa Flow Yoga S. Fitness Studio 9 a.m. – 10 a.m.	Strength L. Fitness Studio 6 a.m. – 7 a.m.	Cycle Cycle Studio 6 a.m. – 7 a.m.	HIIT L. Fitness Studio 6 a.m. – 7 a.m.	Functional Fitness L. Fitness Studio 9 a.m. – 10 a.m.	Yoga & Mobility S. Fitness Studio 6 a.m. – 7 a.m.	The Signature Ride* Cycle Studio 8:30 a.m. – 9:45 a.m.
Dynamic Flex & Strength L. Fitness Studio 9 a.m. – 10 a.m.	Essentrics™ L. Fitness Studio 9 a.m. – 10 a.m.	Power Flow Yoga EMP Room 6 a.m. – 7 a.m.	Essentrics™ L. Fitness Studio 9 a.m. – 10 a.m.	TBC EMP Room 9:15 a.m. – 10:15 a.m.	Essentrics™ L. Fitness Studio 9 a.m. – 10 a.m.	Sweat & Shine L. Fitness Studio 8:30 a.m. – 9:45 a.m.
	Cycle Cycle Studio 9:15 a.m. – 10:15 a.m.	Functional Fitness L. Fitness Studio 9 a.m. – 10 a.m.	Barre & Fitness Mix EMP Room 9:15 a.m. – 10:15 a.m.	Yoga L. Fitness Studio 10:30 a.m. – 11:30 a.m.	Cycle Rush Cycle Studio 9:15 a.m. – 10:15 a.m.	Essentrics™ L. Fitness Studio 10:30 a.m. – 11:30 a.m.
	Old School Lifting L. Fitness Studio 10:30 a.m. – 11:30 a.m.	TBC EMP Room 9:15 a.m. – 10:15 a.m.	Zumba Gold® L. Fitness Studio 10:30 a.m. – 11:30 a.m.	Baby & Me EMP Room 10:30 a.m. – 11:30 a.m.	Old School Lifting L. Fitness Studio 10:30 a.m. – 11:30 a.m.	
	Chair Yoga L. Fitness Studio 1:15 p.m. – 2:15 p.m.	Essentrics™ L. Fitness Studio 10:30 a.m. – 11:30 a.m.	Hatha Yoga L. Fitness Studio 1:15 p.m. – 2:15 p.m.	Low Impact Conditioning L. Fitness Studio 11:45 a.m. – 12:45 p.m.	Strength & Grace L. Fitness Studio 1:15 p.m. – 2:15 p.m.	
	Zumba® L. Fitness Studio 5:30 p.m. – 6:30 p.m.	Baby & Me EMP Room 10:30 a.m. – 11:30 a.m.	Essentrics™ L. Fitness Studio 5:30 p.m. – 6:30 p.m.	Strength S. Concourse 4:15 p.m. – 5:15 p.m.		
	Rhythm Ride Cycle Studio 6:30 p.m. – 7:30 p.m.	Low Impact Conditioning L. Fitness Studio 11:45 a.m. – 12:45 p.m.	Boot Camp S. Concourse 6 p.m. – 7 p.m.	Zumba® L. Fitness Studio 5:30 p.m. – 6:30 p.m.		
		Boot Camp S. Concourse 4:15 p.m. – 5:15 p.m.	Vinyasa Flow Yoga** L. Fitness Studio 7:15 p.m. – 8:15 p.m.	Rhythm Ride Cycle Studio 6:30 p.m. – 7:30 p.m.		
		Strong Nation® L. Fitness Studio 5:30 p.m. – 6:30 p.m.		Gentle Yoga L. Fitness Studio 8 p.m. – 9 p.m.		
		Gentle Yoga L. Fitness Studio 8 p.m. – 9 p.m.				

* Starting October 4, followed by sessions on October 18, November 1, November 15 and November 29

** Starting October 1, 2025

Ages 13 years + welcome | Hours are based on current availability and are subject to change

No classes on statutory holidays, for holiday hours visit cityofgp.com

For more information, contact the City of Grande Prairie at 780-538-0300 (311) or info@cityofgp.com

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Baby & Me: This engaging and supportive class is designed for parents and caregivers who want to stay active while bonding with their baby. The workout incorporates both you and your stroller; babies remain safely secured while being part of the movement through fun, interactive exercises. We'll use the stroller for resistance, balance, and cardio drills, making your little one a true workout buddy. All fitness levels are welcome!

Barre & Fitness Mix: Low impact strength workout with elements of resistance training, Pilates, Yoga and core conditioning.

Boot Camp: These classes seamlessly combine cardiovascular exercises, strength training, and functional movements in a fast-paced and energetic setting.

Chair Yoga: A gentle form of Yoga practiced while sitting on or using a chair for support. It's designed for people with limited mobility, balance challenges, or those preferring a low-impact workout. Chair Yoga includes stretches, breathing exercises, and relaxation techniques, all without needing to get down on the floor.

Cycle: Incorporates our exclusive ICG® Connect / My Ride system. As well both standard and newer styles of indoor cycling drills with varied resistance.

Cycle Rush: Strap in for Cycle Rush, an energizing ride where sweat meets smiles! This high-intensity indoor cycling class takes you on a journey through scenic virtual terrain, with a live leaderboard on screen to fuel your motivation. You'll chase the leader, push up virtual mountains, and roll through energizing intervals of HIIT and Tabata-style sprints. Set to a playlist of upbeat, heart-pumping tracks, this ride is built to challenge your endurance, boost your strength, and leave you feeling unstoppable. All levels welcome, just bring your hustle!

Dynamix Flex & Strength: This full-body fitness class is designed to improve flexibility, build functional strength, and enhance overall mobility. Each session features dynamic workouts using equipment like resistance bands, free weights, BOSU balls, and bodyweight exercises to target all major muscle groups. With fresh routines every week, participants stay engaged and motivated. The class is tailored for all fitness levels, offering modifications to ensure accessibility and progress for everyone in a supportive and energizing environment.

Essentrics™: A full body, non-impact workout designed to release tight muscles and joints to increase strength and flexibility. Designed for all ages and fitness levels, this dynamic strengthening and stretching program can help improve posture and boost mobility and balance to feel strong, healthy, and pain free.

Functional Fitness: This class is designed for older adults looking for fun, physical activity to maintain independence. The use of various equipment such as fitness balls, bands, and hand weights to help build strength, endurance, and flexibility.

Gentle Yoga: It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.

Hatha Yoga: Great for focusing on individual Yoga postures and breath, enhancing strength, flexibility and balance without flowing links between postures. Recommended for beginners, seniors and anyone at any level interested in focusing on a slower pace without flowing transitions from one posture to the next.

HIIT (High Intensity Interval Training): Different timed intervals will be used to take you to the max!

Low Impact Conditioning: This class will get your heart rate up slowly and causes less pressure on your joints than high-impact exercise. Using a variety of fitness movements and equipment.

Old School Lifting: Get back to the basics with traditional strength training. Working all major muscle groups with a variety of free weights. Focusing on compound and isolation exercises with slow and controlled movements.

Power Flow Yoga: A dynamic and energizing yoga class that blends strength, flexibility, and breath in a continuous flow of movement. Designed to build heat and endurance, Power Flow Yoga challenges both body and mind through creative sequencing and mindful transitions. Perfect for those looking to enhance their practice, improve mobility, and leave feeling strong, centered, and refreshed.

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Rhythm Ride: Ride to the beat in this high-energy, music driven cycle class. Expect choreographed movements, heavy drops, and full-body cardio on the bike. This rhythm-based ride will challenge your endurance, strength, and mindset — all set to an epic playlist. All levels are welcome — come as you are, ride to your rhythm, and leave stronger.

Strength: This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance.

Strong Nation®: Stop counting the reps. Start training to the beat. STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Strength & Grace: This class has a variety of movements that will fuse elements of strength training and graceful, fluid motions. Crafted to improve your physical endurance and cultivate a sense of balance & control.

Sweat & Shine: Start your Saturday with a high energy fitness class that will cater to all levels of fitness. Each class is a bit different to add variation to your workout routine to help avoid plateaus.

TBC (Total Body Conditioning): TBC, or Total Body Conditioning, is a full-body workout that combines cardio and strength training to improve overall fitness. Through a mix of high-energy cardio and muscle-toning strength exercises, using equipment like weights, bands, or bodyweight, this class helps build strength, burn fat, and boost endurance. Suitable for all fitness levels, TBC is designed to challenge and energize your entire body.

The Signature Ride: The perfect combination of cardio and strength training for a full-body workout experience. Start with a 45-minute spin session that will push your limits, build endurance, and get your heart racing. Then transition into a 30-minute burner, targeting key muscle groups like glutes and abs, for a sculpted and toned finish.

Vinyasa Flow Yoga: Find your flow in this invigorating yoga class that links breath with movement in a dynamic sequence of poses. Vinyasa Flow Yoga is designed to improve flexibility, build strength, and enhance mindfulness, all while promoting relaxation and balance. Perfect for all levels, this class offers a seamless blend of effort and ease, leaving you feeling centered, refreshed, and re-energized.

Yoga: This class will restore balance by helping to strengthen your body, calm your mind, regain your focus and improve self-confidence.

Yoga & Mobility: A rejuvenating Yoga and mobility class designed to enhance flexibility, strength and over-all wellbeing. Through a blend of dynamic movements, breath work, and gentle stretches you'll improve joint mobility, release tension and cultivate a sense of balance and harmony in the balance. Suitable for all levels, this class offers a holistic approach to physical health and relaxation.

Zumba®: An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Zumba Gold®: Get moving and grooving with Zumba Gold, a fun and low-impact dance fitness class tailored for active older adults and beginners. Featuring easy-to-follow choreography set to vibrant Latin and international music, this class focuses on improving balance, coordination, and flexibility while keeping the energy light and enjoyable. No dance experience needed, just bring your enthusiasm and a smile!

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