

DROP-IN AQUATICS FITNESS CLASS

June 4 – 23, 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. – 10 a.m.	Drop-in Water Polo Dive Tank					
9 a.m. – 10 a.m.		Not so Lazy River Lazy River	Tread & Shred Dive Tank	Not so Lazy River Lazy River	Power Pulse Lazy River	
10 a.m. – 11 a.m.		Deep End Energy Dive Tank		Deep End Energy Dive Tank		Deep End Energy Dive Tank
11 a.m. – 12 p.m.		Aqua Ease Lazy River		Aqua Ease Lazy River		
12 p.m. – 1 p.m.		Move Well Aqua 25M Pool		Move Well Aqua 25M Pool		Move Well Aqua 25M Pool
8 p.m. – 9 p.m.		Buoyancy Burn Dive Tank		Aqua Zumba 25M Pool		Aqua Zumba 25M Pool

Hours are based on current availability and are subject to change | For holiday hours visit cityofgp.com

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

Check out drop-in availability at cityofgp.com/schedules or programs at cityofgp.com/programs | Updated May 15, 2026



DROP-IN AQUATICS FITNESS CLASS

June 4 – 23, 2026

Aqua Ease: Ease into movement and feel refreshed in this gentle water fitness class designed for shallow water. With the support of warm, buoyant water, you'll move through smooth, low-impact exercises that improve flexibility, balance and overall strength, without stress on the joints. The pace is calm and encouraging, making it perfect for beginners, active agers or anyone looking to move with comfort and confidence. Expect light cardio, soothing stretches and a welcoming atmosphere where you can relax, recharge and leave feeling stronger and uplifted.

Aqua Zumba: A water-based workout that blends high-energy Zumba moves with low-impact aqua fitness, adapting the movements of Zumba dance rhythms to the water and using the water to increase the participants' aerobic and muscular fitness levels.

Buoyancy Burn: This invigorating deep water fitness class blends buoyancy, resistance and nonstop movement to deliver a full body workout that feels as refreshing as it is challenging. Participants use flotation belts to stay suspended in the deep end while performing dynamic cardio sequences, core stabilizing drills and strength building exercises that harness the natural resistance of the water.

Deep End Energy: Supported by flotation equipment, you'll enjoy a powerful, low-impact workout that combines cardio, strength and core training, all without touching the bottom. The resistance of the water challenges every muscle while staying easy on the joints, making this class both intense and accessible.

Drop-in Water Polo: This high-energy game combines swimming, teamwork and strategy as you pass, shoot and score in a friendly, competitive environment. Whether you're new to the sport or a seasoned player, each session keeps you moving, laughing and challenging yourself in the water. Jump in, make a splash and experience the thrill of water polo, no commitment required.

Move Well Aqua: This class is perfect for older adults who want to move, feel good and have fun doing it! Enjoy a lively mix of easy-to-follow movements that work your whole body while boosting cardio health, endurance, strength, and flexibility.

Not-So-Lazy River: Using the lazy river as your training partner, this water fitness class builds strength, cardio and core control as you move with and against the flow. The water supports your joints while the current turns every move into a full-body workout. Warning: May cause smiling, improved posture and a sudden love for exercise you didn't see coming.

Power Pulse: Feel the power of propulsion as you pump up the intensity by using the lazy river's current and resistance to challenge yourself along with the added benefits of less impact on your joints.

Tread & Shred: Get a full-body workout in the deep end! This high-energy, low-impact class uses water resistance and buoyancy to strengthen muscles, boost endurance and improve core stability, without stressing your joints. Splash, move and challenge yourself in a fun, supportive environment designed for all fitness levels.

Hours are based on current availability and are subject to change | For holiday hours visit cityofgp.com

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

Check out drop-in availability at cityofgp.com/schedules or programs at cityofgp.com/programs | Updated May 15, 2026



DROP-IN AQUATICS FITNESS CLASS

June 24 – August 31, 2026

Facility Closures

July 1 (Canada Day): Closed
 August 3 (Heritage Day): Closed

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 a.m. – 10 a.m.	Drop-in Water Polo Dive Tank						
9 a.m. – 10 a.m.		Not so Lazy River Lazy River	Power Pulse Lazy River	Not so Lazy River Lazy River	Power Pulse Lazy River		
10 a.m. – 11 a.m.		Deep End Energy Dive Tank		Deep End Energy Dive Tank		Deep End Energy Dive Tank	
12 p.m. – 1 p.m.		Move Well Aqua 25M Pool		Move Well Aqua 25M Pool		Move Well Aqua 25M Pool	
8 p.m. – 9 p.m.				Aqua Zumba 25M Pool	Buoyancy Burn Dive Tank	Aqua Zumba 25M Pool	
						Drop-in Water Polo Dive Tank	

Hours are based on current availability and are subject to change | For holiday hours visit cityofgp.com
 For more information, contact the City of Grande Prairie at 780-538-0300 (311) or info@cityofgp.com
 Check out drop-in availability at cityofgp.com/schedules or programs at cityofgp.com/programs | Updated May 15, 2026



DROP-IN AQUATICS FITNESS CLASS

June 24 – August 31, 2026

Facility Closures

July 1 (Canada Day): Closed
August 3 (Heritage Day): Closed

Aqua Zumba: A water-based workout that blends high-energy Zumba moves with low-impact aqua fitness, adapting the movements of Zumba dance rhythms to the water and using the water to increase the participants' aerobic and muscular fitness levels.

Buoyancy Burn: This invigorating deep water fitness class blends buoyancy, resistance and nonstop movement to deliver a full body workout that feels as refreshing as it is challenging. Participants use flotation belts to stay suspended in the deep end while performing dynamic cardio sequences, core stabilizing drills and strength building exercises that harness the natural resistance of the water.

Deep End Energy: Supported by flotation equipment, you'll enjoy a powerful, low-impact workout that combines cardio, strength and core training, all without touching the bottom. The resistance of the water challenges every muscle while staying easy on the joints, making this class both intense and accessible.

Drop-in Water Polo: This high-energy game combines swimming, teamwork and strategy as you pass, shoot and score in a friendly, competitive environment. Whether you're new to the sport or a seasoned player, each session keeps you moving, laughing and challenging yourself in the water. Jump in, make a splash and experience the thrill of water polo, no commitment required.

Move Well Aqua: This class is perfect for older adults who want to move, feel good and have fun doing it! Enjoy a lively mix of easy-to-follow movements that work your whole body while boosting cardio health, endurance, strength, and flexibility.

Not-So-Lazy River: Using the lazy river as your training partner, this water fitness class builds strength, cardio and core control as you move with and against the flow. The water supports your joints while the current turns every move into a full-body workout. Warning: May cause smiling, improved posture and a sudden love for exercise you didn't see coming.

Power Pulse: Feel the power of propulsion as you pump up the intensity by using the lazy river's current and resistance to challenge yourself along with the added benefits of less impact on your joints.

Hours are based on current availability and are subject to change | For holiday hours visit cityofgp.com

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

Check out drop-in availability at cityofgp.com/schedules or programs at cityofgp.com/programs | Updated May 15, 2026

