

# DROP-IN AQUATICS FITNESS CLASS

## March 2 – June 3, 2026

**Facility Impacts**  
 April 3 (Good Friday): No Classes  
 May 18 (Victoria Day): No Classes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:10 a.m. – 7 a.m.					<b>New! Morning Circuit</b> 25M Pool		
8:30 a.m. – 10 a.m.	<b>Drop-in Water Polo</b> Dive Tank						
9 a.m. – 10 a.m.		<b>Not so Lazy River</b> Lazy River	<b>Tread &amp; Shred</b> Dive Tank	<b>Not so Lazy River</b> Lazy River	<b>Power Pulse</b> Lazy River		<b>New! River Fit – Family Friendly</b> Lazy River
10 a.m. – 11 a.m.		<b>Gravity Fighters</b> Dive Tank		<b>Gravity Fighters</b> Dive Tank		<b>Gravity Fighters</b> Dive Tank	
11 a.m. – 11:50 a.m.		<b>Aqua Ease</b> Lazy River		<b>Aqua Ease</b> Lazy River			
12 p.m. – 12:45 p.m.		<b>Move Well Aqua</b> 25M Pool		<b>Move Well Aqua</b> 25M Pool		<b>Move Well Aqua</b> 25M Pool	
8 p.m. – 9 p.m.		<b>Buoyancy Burn</b> Dive Tank	<b>Aqua Zumba</b> 25M Pool		<b>Aqua Zumba</b> 25M Pool <b>Drop-in Water Polo</b> Dive Tank		

Hours are based on current availability and are subject to change | For holiday hours visit [cityofgp.com](http://cityofgp.com)

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

Check out drop-in availability at [cityofgp.com/schedules](http://cityofgp.com/schedules) or programs at [cityofgp.com/programs](http://cityofgp.com/programs) | Updated February 26, 2026



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**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.

**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.

**New! River Fit – Family Friendly:** Make a splash together in this inclusive water fitness class held in the lazy river. Led by a rotating team of instructors, each class offers fresh energy, simple movements, and plenty of variety. Using the gentle current and water resistance, participants improve cardio, strength, balance, and endurance - no experience needed. A fun, active way to move together and enjoy the water. Ages 13+.

**New! Morning Circuit:** This circuit-style shallow water class keeps things fresh, fun, and effective as you move through a variety of water stations designed to boost strength, balance, and cardio fitness. The water's natural resistance adds challenge while staying easy on joints, so you can work hard and feel great doing it.

**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.

**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.

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**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.

**Gravity Fighters:** 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.

**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.

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