

DROP-IN AQUATICS FITNESS CLASS

October 1 – December 20, 2026

Facility Closures

October 12 (Thanksgiving): Closed
November 11 (Remembrance 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		Not so Lazy River Lazy River		Hybrid Aqua Lazy River & Dive Tank
10:30 a.m. – 11:30 a.m.		Deep End Energy Dive Tank	Aquatic Ease Lazy River	Deep End Energy Dive Tank	Aquatic Ease Lazy River	
12 p.m. – 1 p.m.		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 August 14, 2026



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Aqua Ease: Ease into movement with and feel refreshed in this gentle water fitness class. With the support of shallow water you'll move through smooth, low-impact exercises that improve flexibility, balance and overall strength without putting stress on your joints. The pace is calm and encouraging, making it perfect for active agers, those managing arthritis, recovering from injury, new to exercise, or simply looking for a comfortable and supportive way to stay active.

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.

Hybrid Aqua: By combining the stability of shallow water with the intensity and buoyancy of deep water, Hybrid Aqua delivers a well-rounded, full-body workout that's fun, effective, and easy on the joints. Deep-water belts are provided, and participants should be comfortable moving into deep water.

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.

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